goodFOOD
EST 1989 MIDDLE EAST

July-August 2025
DHS15

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Summer Grills

- BBQ gochujang lamb cutlets with toasted green bean & sesame salad
- Curried mango-glazed chicken burgers
- Grilled prawns with burnt pineapple & scotch bonnet chutney

The sweet truth about *sugars in your pantry*

Inside:
Emirati Spice Guide

Beat the heat

Blueberry & ginger shrub • Salted pecan banoffee sundae
• Strawberry & pistachio baklava sundae

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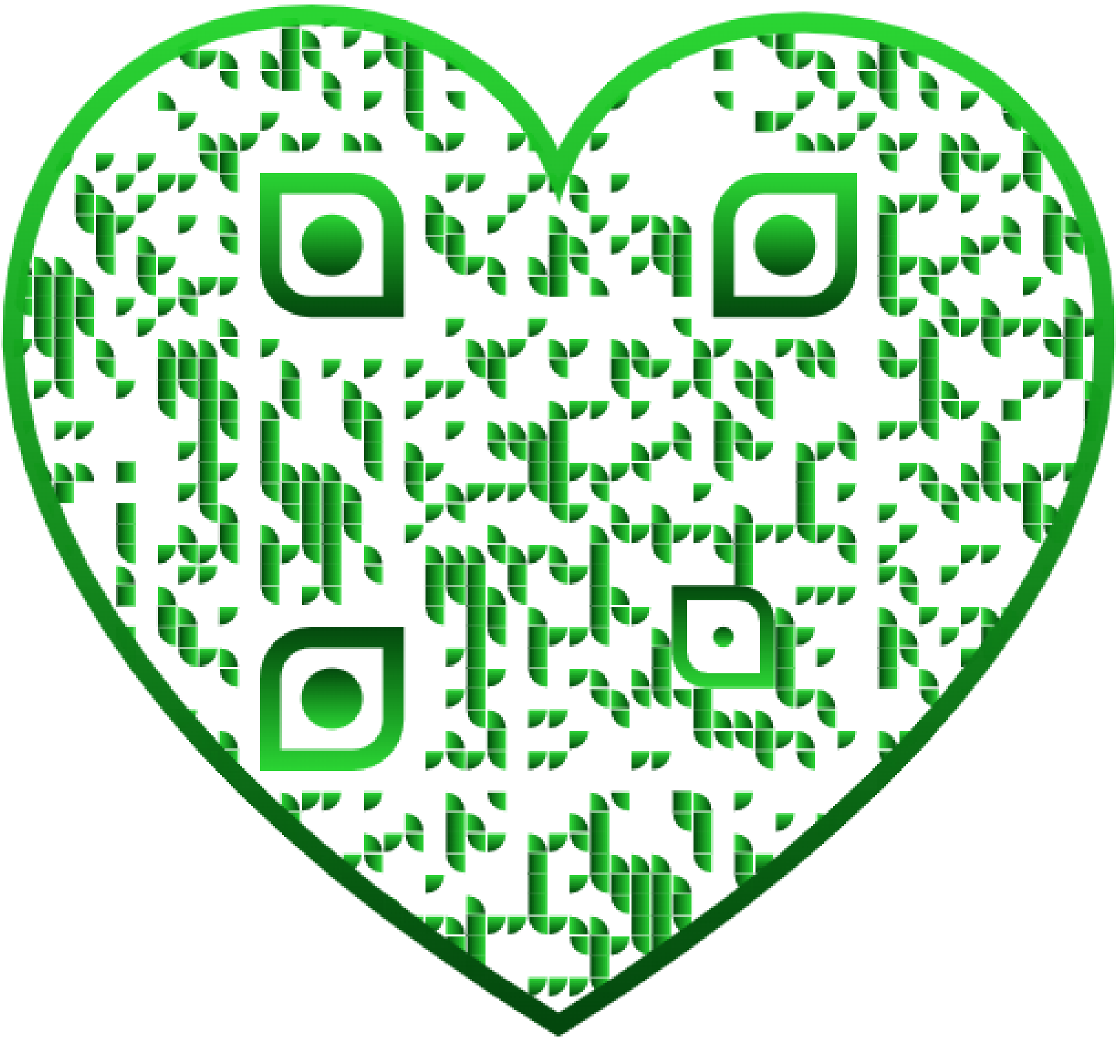


MICHELIN GUIDE

Passion F&B Group Celebrates Historic Triumph at MICHELIN Guide Dubai 2025

Passion F&B celebrates a historic milestone as Trèsind Studio becomes the world's first Indian restaurant to earn three MICHELIN Stars marking a groundbreaking moment in the 125-year history of the MICHELIN Guide. This recognition reflects the creative spirit and excellence across the group. In the MICHELIN Guide Dubai 2025, Trèsind Dubai, Trèsind Studio, Avatara, Carnival by Trèsind, Revelry, and Bistro Aamara were honored, reaffirming Passion F&B's position as a regional leader.

Trèsind Studio

Welcome!

Long summer lunches, speedy family dinners or sizzling grills with friends, our July-August issue is bursting with sunshine flavours and clever shortcuts to make your summer cooking effortless and exciting.

In No-cook dinners (p20), we've rounded up fresh, colourful dishes perfect for those days when even turning on the hob feels like too much. Need a quick midweek win? Easy breezy summer meals (p31) features Pepper & halloumi pide and a Japanese-style rice bowl that's big on taste, low on effort. This edition also puts the spotlight on the humble canned bean. Affordable, filling and versatile, beans shine in everything from Black bean & carrot burgers to a vibrant Roasted cauliflower with raisins, almonds, white beans & chimichurri (p42). Our Teen-approved air-fryer recipes (p36) deliver crisp, satisfying results without the mess or the deep fryer.

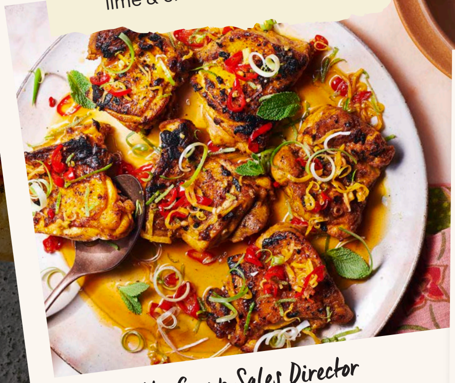
While barbecuing outdoors isn't always practical in the UAE's peak summer heat, with indoor and smokeless grills, you can still enjoy the flavours of a summer cookout. The menu highlights Grilled prawns with burnt pineapple & scotch bonnet chutney, and our cover star, the Curried mango-glazed chicken burger (p57). For dessert, our Quick-fix sundaes (p48) are the ultimate cooling dessert. We're also helping you navigate sugars in your pantry (p94), benefits of berries to beat the bloat (p102) and tackling belly fat for health (p105), so you can make smart, informed choices that work for your lifestyle.

Happy reading!

Nicola Monteath
Editor

Signature Selections from the team

Charred chicken thighs with fish sauce, lime & chilli caramel dressing



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Air fryer kung pao-style peanut prawns

Gill Fairclough, Sales Director

Piña colada sundaes

Blanche D'mello, Assistant Editor

Carbonara cacio e pepe mac & cheese

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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

⊘ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**
Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

Your Say

We love hearing from you!

star letter

I absolutely loved this month's issue, especially the focus on heart health! Coming from a family with a history of heart attacks, it was incredibly helpful to learn more about the foods I should be including in my diet. I tried the summer salad with pan-fried salmon and it was amazing. It was so fresh, vibrant, and easy to whip up after a long day at work. This summer, I've made it my goal to get fitter, and I'm excited to be following Dr. Chintel Patel's 7-day dinner plan. Every recipe is not only packed with nutrition but also simple to prepare and delicious. I also really appreciated the insight from dietician Suzan Tabulsi on which oils are healthier to use. It's great to have expert advice that's both practical and easy to follow. Thank you *Good Food Middle East!* Here's to a healthier and happier summer.

Berty Gomez

What I enjoyed most about this month's *Good Food Middle East* June 2025 issue was the inspiring focus on seasonal ingredients and how to elevate everyday meals with simple, fresh twists. The feature on regional summer produce was both informative and beautifully presented, offering practical ideas I can actually use in my kitchen. I also loved the spotlight on local chefs; it made the magazine feel personal and rooted in the community. The layout and photography continue to be top-notch!

Mona Samaty

HAPPY
SUMMER
XMAS

A very merry mid-summer brunch article. I am the owner of the Christmas Madness FB group after all.

Kim Lowe

WIN!

WIN THE DIRECTOR'S CLUB SIGNATURE BRUNCH FOR TWO, WORTH AED1,200

Every Saturday, the award-winning Director's Club at The WB™ Abu Dhabi hosts its Signature Brunch, a refined afternoon of live entertainment, premium beverages and indulgent dishes, including dramatic tableside carvings of Chargrilled Tomahawk steak and other prime cuts. As the signature dining destination at the world's first Warner Bros.-themed hotel, this elevated experience serves contemporary classics with modern touches.

To send in your Star Letter and win this prize, visit the Competitions page on **bbcgoodfoodme.com**

TALK TO US!

Email us on ***feedback@bbcgoodfoodme.com***
with your thoughts and comments, and send us your photos with your copy of Good Food ME!

You can also connect with us on social media! Find us on: ***@goodfoodmiddleeast***

Or, you could write to us at: The Editor, Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

Photographs SUPPLIED

LOCAL ICON

Taparelle's head chef, Omaka Marie, has built her culinary career in acclaimed Dubai kitchens such as Zuma and GAIA. In 2020, she joined the pre-opening team at NIRI Restaurant & Bar and later became sous chef. Under her leadership, NIRI earned multiple accolades, including a place in the 2024 Michelin Guide and 1 Toque from Gault&Millau. Chef Omaka Marie was also shortlisted for Future Great of the Year at the Gault&Millau Awards.

Morning routine

A glass of water, a walk, or a strength-training session - morning movement is important to me.

Currently reading...

I love books and my Kindle is my happy place. I take it almost everywhere. I'm in a fantasy phase right now. My current book series is Words of Radiance, book two of the Stormlight Archive by Brandon Sanderson.

Go-to takeaway

Jollof rice and turkey from my favourite Westside African restaurant in Abu Dhabi.

Top Culinary Destination

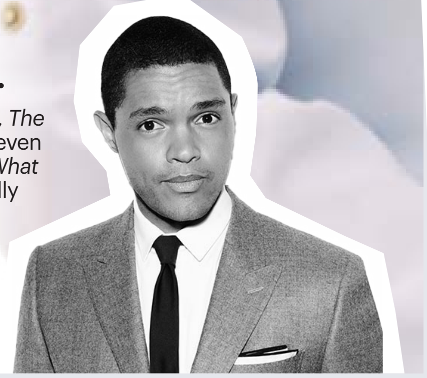
Japan. I just came back from a trip, and everything was just so delicious, from a simple egg sando to complex kaiseki dinners. I tasted freshly grilled unaju at the Tsukiji Outer Market and it blew away my tastebuds.

Drink Order

I love tea, so depending on my mood, and if it's available, Rooibos Hibiscus or Sencha tea.

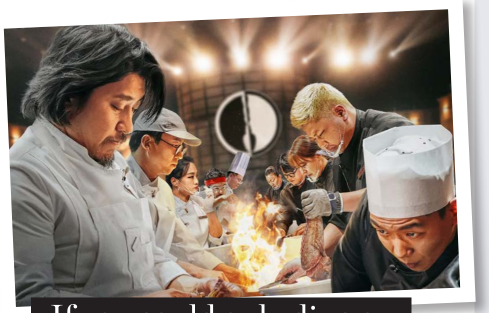
Currently listening to...

Trevor Noah's podcast, *The Diary of a CEO* with Steven Bartlet and the *I Said What I Said* podcast. It's wildly different and covers everything from social commentary to comedy and self-help.



Three fridge staples

Eggs – once I have that, a meal is sorted; a Berbere mix one of my friends brings me especially from Eritrea (the exact recipe is a family secret) that makes for a fantastic marinade; and miso for an instant umami boost.



If you could only dine on dishes from one TV series, which would you choose?

If cooking shows count, then *Culinary Class Wars*. I recently watched the series, and I would definitely be able to live off of the dishes made in the show.

WHAT DO YOU LOVE ABOUT COOKING?

I love the art and science of creating, from savoury to sweet dishes. I love figuring out how to make a dish work and balancing the flavour profile.

Favourite UAE Restaurant

I like different dishes and just can't narrow it down to one. I enjoy FZN in Dubai, Jun's is always fun, and LPM in Abu Dhabi is dependable. My regular hole-in-the-wall in Abu Dhabi is Al Sultan Restaurant & Grill.

MEMORABLE DINING EXPERIENCE

In the past year, I would say FZN - the food was delicious, the service was outstanding, and the entire experience was well thought out and executed.

Top 3 artists

Right now I am listening to **Anendlessocean,** Show Dem Camp and Tracy Chapman.

Image credit: Sergio Delle Vedove / Shutterstock.com

BUSHMAN'S
RESTAURANT & BAR

A TASTE OF THE OUTBACK

Experience a slice of Australia at Bushman's Restaurant & Bar, tucked away on the golden shores of Palm Jumeirah at Anantara The Palm Dubai Resort

Advertisement feature

Set within the lavish Anantara The Palm Dubai Resort, Bushman's Restaurant & Bar offers diners an authentic slice of the Australian Outback right in the heart of Palm Jumeirah. With rustic charm, a relaxed, refined setting, and generous Aussie hospitality, this is a spot to make a beeline for.

Choose to dine al fresco under the stars or retreat indoors to the warm, welcoming interiors, which echo the laid-back sophistication of Australia's bush-inspired eateries. The menu champions bold, unique flavours – think slow-cooked Tender Valley oyster blade, served with confit shallot, spinach mousseline, Roquefort cheese and Sarawak pepper jus. Other highlights include steak tartare and Antonius Oscietra caviar, as well as Wagyu beef carpaccio with fresh horseradish, citrus crème fraîche, and crisp rye toast. Don't miss the signature Aussie Butcher's Blocks, offering an array of premium steak cuts served with a choice of sauces and sides. For an irresistible summer dessert, the citrus pavlova is a must, filled with lemon cream, pineapple compote and mango jelly.

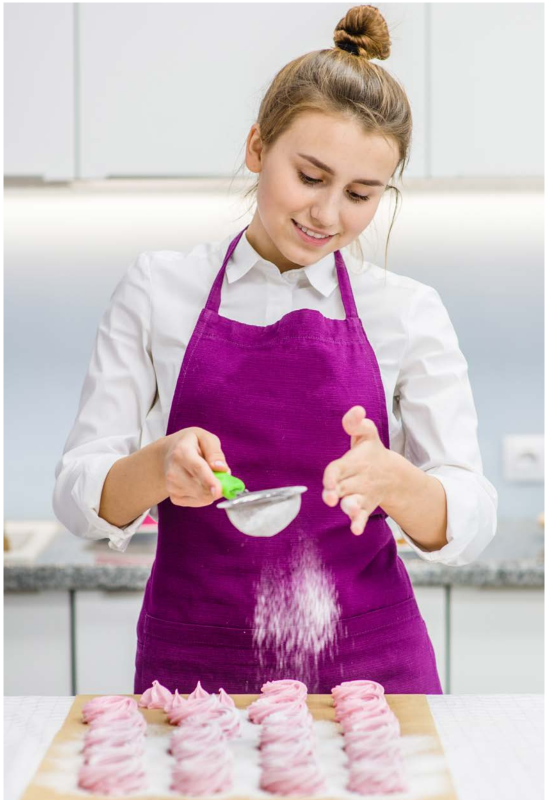
Whether you're celebrating, gathering with friends, or simply in the mood for a fine culinary experience, Bushman's delivers warm hospitality, hearty portions and a true taste of Australia – without ever leaving Dubai.

Open daily from 6:00pm to 11:30pm, the restaurant also features happy hour from 6:00pm to 7:00pm, making it the perfect spot for sundowners.

Visit https://www.anantara.com/en/palm-dubai/restaurants/bushmans-restaurant-bar, contact +9714 567 8304 or email restaurants.dubai@anantara.com

Workshops & Summer Camps

Looking for fun, hands-on culinary experiences for your children this summer? From beginner cooking camps to weekend workshops, these programs offer engaging lessons in kitchen skills, recipes and healthy eating - perfect for budding chefs



Bakeology Culinary Academy – Kids & Teen Classes

Bakeology in Dubai hosts themed cooking and baking sessions for children and teens. Examples include soup masterclass, spinach muffins, strawberry cookies, and teen-focused pasta & pancake workshops, all in a professional café environment.

Check their calendar for daily class times. Dubai (various locations). Workshops from AED110–150 each. Contact bakeology.ae.

Carluccio's – Kids Cooking Classes

Perfect for little pizza or pasta lovers, Carluccio's hosts weekend cooking sessions where children aged 41/2-12 prepare pizza, pasta, cookies and more, then taste their creations. A chef's hat and certificate are given to all students.

Thursday and Saturday, 90-minute sessions. Various branches. AED49-69 per child. Contact the branch directly or visit carlucciosme.com.

École Ducasse – Kids Summer Camp

Hosted by École Ducasse in Abu Dhabi, this summer camp teaches children aged six-17 classic techniques in a professional setting. Weekly themes include handmade pasta, tiramisu, and healthy parfaits, with an emphasis on kitchen safety and skills development.

Monday to Friday, from 11am-1pm (ages 11–17), 1:30pm-3:30pm (ages six-10), 30 June-21 August. École Ducasse Abu Dhabi Studio, Qasr Al Hosn, Abu Dhabi. AED1,050 per week. Contact +97150 955 8891.

Jones the Grocer – Pancake & Treat Workshops

Jones the Grocer offers one-hour workshops at multiple UAE locations, teaching kids to create treats such as colourful pancake spaghetti. Participants decorate their creations, receive an apron and hat, and take home a certificate.

Sundays in July, August, and September. Various branches. AED149 per child. Contact branches directly or visit jonesthegrocer.com.

Mamalu Kitchen

Set in Depachika Food Hall at Nakheel Mall, Mamalu Kitchen offers themed one-day Mini Chef Cooking Camps for kids aged four to 14. Weekly themes include Bread Baking and Asian Street Food, blending wholesome ingredients with international recipes.

Monday to Friday, from 10am-12:30pm (times vary by theme). Depachika Food Hall, Nakheel Mall, Palm Jumeirah. AED200-475 per session. Contact +97152 747 9512 or +97158 530 1399.

SCAFA – Summer Cooking Camp & Mini Master Chef Program

SCAFA (School of Culinary and Finishing Arts) in JLT offers a three-week Summer Cooking Camp for kids aged seven-14, with hands-on classes teaching essential kitchen skills including knife techniques, international dishes, desserts, and baked goods. Weekly themed sessions encourage creativity and confidence. Alongside, the Mini Master Chef Program runs Saturdays year-round for kids aged seven-13, covering global cuisines, baking, hygiene, and presentation skills in cycles of five or eight sessions.

Summer Camp: Mon–Fri 14:30-17:30, 7–25 July. Mini Master Chef: Saturdays, 3-hour sessions, ongoing year-round. Platinum Tower, Cluster I, JLT, Dubai. Summer Camp AED2,500 full program. Mini Master Chef AED300 per session (subject to confirmation). Contact +9714 379 4044.

Top Chef Cooking Studio – Summer Kids Program

Located in Jumeirah, this studio invites young chefs to explore cooking and baking through hands-on workshops. Each three-hour session is age-appropriate, ideal for building culinary confidence over summer.

Mon-Fri 10:00-13:00, 30 June-29 August. Villa 196, Jumeirah 1, Dubai. Contact +9714 385 5781.

Wagamama

Wagamama offers weekend culinary workshops designed for young food explorers. Under chef guidance, children aged three to 11 learn about healthy ingredients, age appropriate kitchen tools, and essential hygiene while preparing Japanese-inspired dishes. The workshop includes an apron and certificate; exact length varies slightly by location.

Fri–Sat 11:00-12:30. Golden Mile Galleria, Palm Jumeirah, Dubai. AED65 per child. Contact +9714 551 0192.

Flavours of the *month*

What's hot and happening around town this month

JUN'S

Experience Chef Kelvin Cheung's refreshed menu, inspired from his multicultural upbringing and global travels. Highlights include Koji tomato burrata, nostalgic Street shumai from his childhood in Hong Kong, and Slow-cooked lamb curry inspired by Kerala. The menu also features Dibba Bay oysters with Thai-style sauce, Bolognese tteokbokki, and inclusive options like gluten-free, vegetarian, and allergen-friendly plates.

Visit junsdubai.com

HANU

The contemporary Korean dining destination at St. Regis Gardens, Palm Jumeirah, introduces a new tasting experience celebrating one of Korea's most revered ingredients: Hanwoo 1++ beef. Known for its rare marbling and rich umami flavour, this premium beef takes centre stage in a thoughtfully curated menu. Savour dishes such as Yukhoe-style beef tartare with Korean pear, pine nuts and quail egg, 1++ Hanwoo gyoza filled with shiitake mushrooms, kimchi hummus and chimichurri, and Crispy kimbap with caramelised beef and truffled mushroom rice wrapped in nori, leading to a chef's selection of four flame-grilled Hanwoo cuts served with traditional Korean sides and a comforting brisket soybean stew. The experience concludes with the Golden pear delight, a refined dessert of Korean pear, golden caramel, walnut crumble, and tonka bean ice cream.

Visit hanu-restaurant.com

Jun's

Photographs SUPPLIED

CQ FRENCH BRASSERIE

CQ French Brasserie has launched its Gentleman's Menu, a curated evening experience designed for the gents of Dubai. Relish classic French mains such as Steak frites, the Burger de triomphe, or Pappardelle aux champignons et truffes, each served with a bottle of premium grape or two pints of draft. Set within CQ's warm, rustic Parisian interiors, look foward to curated starters such as Mini lobster brioche and Escargots de Bourgogne.

Every Saturday, 7pm to 11pm. AED275. Visit cqbrasserie.com

VERA VERSILIA, KEMPINSKI HOTEL, MALL OF EMIRATES

This new fine dining restaurant in Dubai brings Tuscany's Versilian Riviera to the city. Executive Chef Marco Garfagnini draws from his heritage to present an authentic menu featuring Trenette di pesce with handmade pasta and fresh seafood, a layered Seafood tower with red prawns, Langoustines and Gillardeau oysters, and Dentice rosso, a seared Red snapper with smoked beurre blanc, baby spinach and Royal caviar. With Carrara marble interiors, Italian art and a focused drinks program, experience a taste of coastal Italy.

Visit veraversilia.ae

GCC

KAIA, THE NED DOHA

Saturdays at Kaia now bring a seafood lover's dream to life with Pescatarian Night, an ocean-inspired feast set in the Southeast Asian and Hawaiian-inspired space. Tuck into generous sharing sushi platters, a tableside Nigiri gueridon, and a variety of fresh fish dishes prepared to their preference.

Saturday, 7pm to 11pm. QAR199 per person. Visit thened.com

CHOW
Summer

MR CHOW

This hotspot is turning up the heat, and the glamour, with CHOW SUMMER; a seasonal celebration of flavour, music and unmistakable style at its luxurious KAFD location. From DJ-fuelled evenings under dazzling chandeliers to indulgent desserts that celebrate summer's lighter side, this is dining designed for everyone. Set menus offer a refined two-course Lunch Set (from SAR129) featuring chicken satay, Salt & pepper squid, steamed seabass and the legendary Gambler's duck, a refined take on duck pancakes. Over the weekend, the Dim Sum Lunch stars handmade dumplings, including Lobster shumai, while the elegant Golden Hour Menu, perfect for early evenings, features Fiery beef, Sweet & sour chicken or prawns and vegetarian Mapo tofu, complete with sides of sautéed rice and seasonal mixed vegetables. End with the new dessert menu showcasing an airy Victoria cake, zesty Greek frozen yoghurt with caramelised pistachios, and two summer ice bowls.

mrchow.com/location/riyadh/

KSA

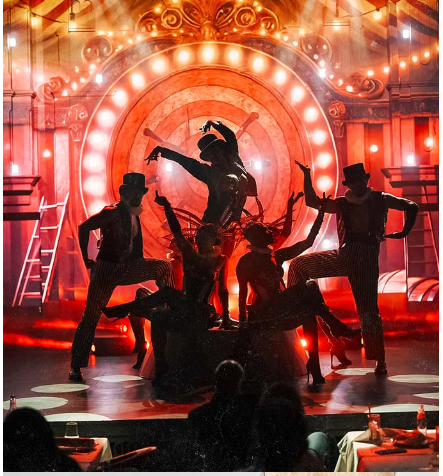
L'AMI DAVE, MANSARD RIYADH

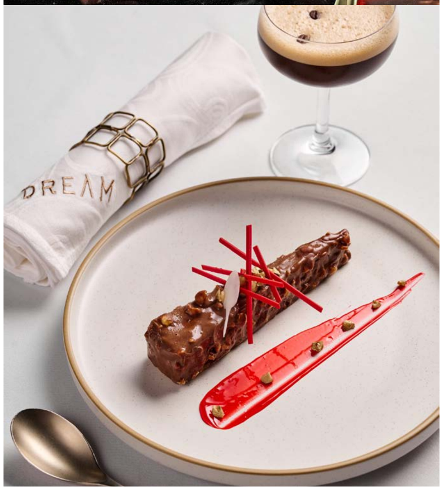
Experience a taste of Parisian elegance at L'ami Dave, where afternoon tea is served with sophistication. Choose from three exquisite tea sets featuring the Rive Gauche, L'Opéra, and Versailles, each featuring a refined assortment of French pastries and savoury delights, paired with your choice of premium hot beverages. Arriving earlier? Enjoy a leisurely Parisian lunch showcasing timeless classics such as Escargots de Bourgogne, Carpaccio de Bœuf with black truffle, Dover sole, and Steak frites, all set within a space that exudes the charm of Paris.

Monday to Saturday, 3pm to 6:30pm. Contact 011 829 0900.

Tried & tasted

Our top dining experiences this month





DREAM DINNER SHOW DUBAI

The DREAM Dinner Show Dubai features a theatrical dining layout centred around a large stage, framed by cascading red and blue drapes and dynamic projection visuals. Rows of tables are arranged to face the stage directly, creating a focused viewing experience for all guests. Tables dressed in crisp white linens, golden lamps, and deep red velvet chairs sit beneath sculptural chandeliers, with a grand piano and layered seating completing the setting.

This season, the venue unveils DREAM Le Cirque, Season 8, where the rich visuals and performances draw inspiration from the Belle Époque era, fused with the thrill of vintage circus. We arrived at 9:30pm, just as the room began to fill with anticipation. Read ahead to see what's in store.

The highlights

The evening begins with a lineup of beautifully plated starters that impress with every dish served on our table. The grilled Prawns from the Josper arrive glistening with basil, garlic, lime, and a welcome hit of chilli. The Sweet corn salad is anything but ordinary, marrying bursts of red pomelo and dried cranberries with a herbaceous lime dressing.

Next comes a playful dish: Crispy chicken bites topped with caviar and a decadent truffle cream, giving fast-food nostalgia a gourmet edge. The Aubergine parmigiana is a showstopper, served whole and sliced between to reveal layers of parmesan, mozzarella, tomato fondue, rocket pesto, and creamy parmesan sauce. It is rich, comforting, and surprisingly fresh. For the adventurous, the warm Snails in parsley butter are tender and aromatic, offering a bold, garlicky nod to French tradition.

As the performances begin, the energy in the room shifts. Every ten minutes, the spotlight moves to a new act. Contortionists defy physics, vocalists belt out powerhouse ballads, and dance numbers erupt across the stage with fierce precision. It is a fast-paced rotation of 13 acts, each lasting just long enough to leave an impression without slowing the rhythm of the night.

Main courses continue the momentum. The DREAM Truffle pizza is luxurious, its earthy aroma balanced by a crisp crust. In addition, the Chilean seabass, cooked over the Josper grill, is flaky and rich, plated with crispy wild rice and a velvety celery coulis that adds a hint of sweetness.

For dessert, the Carpaccio de Ananás is a refreshing finish with pineapple sliced razor-thin, topped with coconut ice cream, passion fruit, and a whisper of pink pepper. For something more indulgent, the Valrhona Gianduja Chocolate Delight showcases a slender bar layered with rich gianduja and crispy feuilletine, coated in a glossy hazelnut-studded shell and finished with a vivid red coulis for contrast. The final performance, around 1 am, bursts with confetti, lights, and pulsing music to close off the night with the kind of unforgettable experience that lingers long after.

Book now
Visit dreamdxb.com.

MIMI MEI FAIR

MiMi Mei Fair in Downtown Dubai transports diners to 1920s Shanghai, capturing the essence of the era with cinematic detail. The interiors feature silk walls, velvet seating, and chinoiserie that recreate the imagined world of a Chinese empress. Each space, from The Parlour to the Garden Terrace with its Burj Khalifa views, offers its own character while maintaining a sense of intimacy.

The menu reflects Empress MiMi's journey through Mainland China, Hong Kong, and Singapore, showcasing traditional dishes alongside refined interpretations meant for sharing. Don't miss the Moon Bar at the end with its art deco setting and creative beverages.

The highlights

After settling in and scanning the menu, we started with an array of special appetisers. The Crispy duck salad delivered tender slices of duck that came layered with crisp daikon, bright pomelo, and sharp bursts of pomegranate. The Lantern chicken brought contrast. Golden and crisp, the pieces had just enough Sichuan peppercorn to tingle without taking over. Dried chilli, spring onion, and cashew rounded out a dish that leans into heat and crunch, and does it well.

From the dim sum section, the Har gau was classically done: thin wrappers, clean folds, and sweet prawn filling. The Imperial soup dumpling was a comforting favourite with its delicate skin encasing a rich chicken broth.

The Sanpei chicken arrived bubbling, with tender pieces coated in a soy, garlic and basil sauce. The Beef short rib followed, rich and sticky in a char siu glaze, served on the bone and finished with micro herbs. The Hakka noodles, stir-fried with shiitake mushrooms, red pepper and bean sprouts, were light, offering a nice complement to the richer mains.

After the hearty mains, the Passion fruit cheesecake was the perfect counterpoint: cool, bright, and delicately tart, offering a satisfying end to our dinner.

Book now
Visit mimimeifair.com/asian-chinese-restaurant-dubai.

Advertisement feature

A SUMMER ESCAPE AT W DUBAI – THE PALM

Nestled on the West Crescent of the iconic Palm Jumeirah, W Dubai – The Palm is the definition of contemporary luxury

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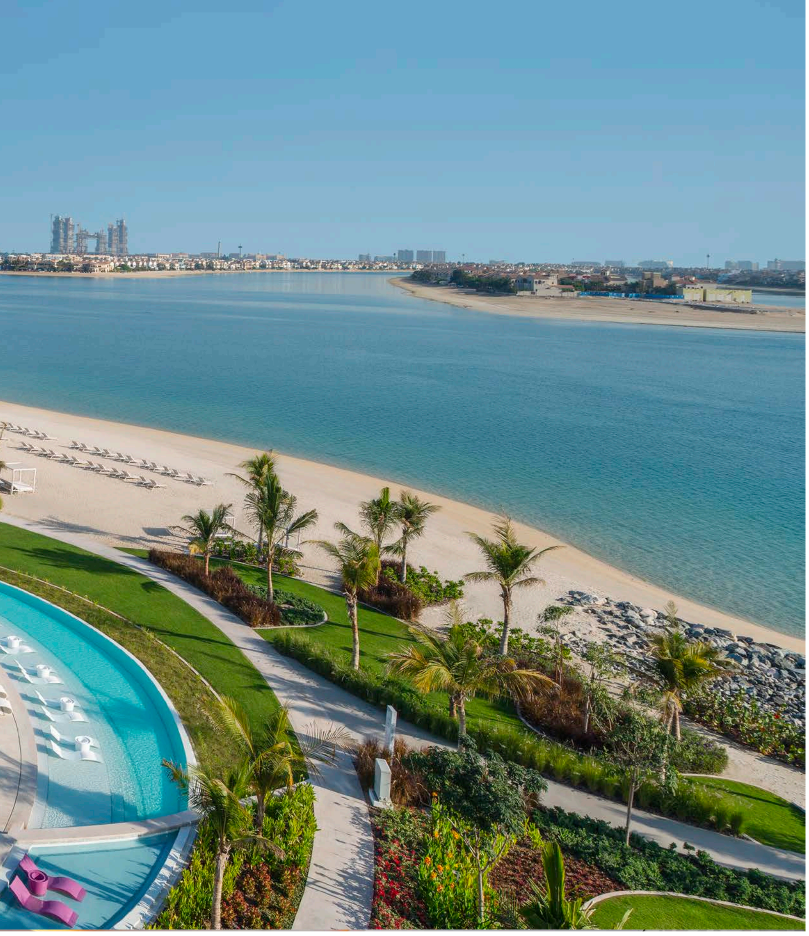
W Dubai – The Palm makes a statement from the entrance, with striking design, vivid colour, and an energy that embodies the spirit of summer. Flanked by the turquoise waters of the Arabian Gulf and framed by Dubai's sculptural skyline, it's an electrifying destination for all ages.

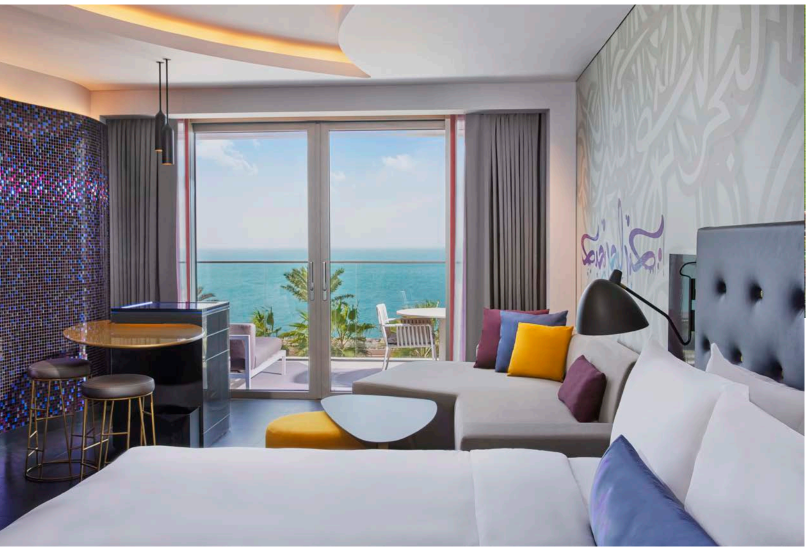
Comprising 349 guest rooms and suites, with floor-to-ceiling windows showcasing mesmerising vistas, guests are in for a treat. Step inside and discover interiors that pair playful accents with cutting-edge technology. Sleek surfaces conceal smart controls, and every amenity, from bespoke toiletries to ultra-soft linens, reflects W's vivacious spirit. Choose a Wonderful Room for intimate comfort, or elevate your stay in a Mega, Marvelous or E-WOW Suite, where expansive living and bespoke service ensure every whim is indulged. Those who travel with four-legged companions can expect thoughtful touches, from plush pet bedding to gourmet treats, ensuring no member of the family is left behind.

W Dining, Your Way

From Michelin-recognised hotspots to secret lounges and rooftop revelry, W Dubai – The Palm's dining scene is anything but ordinary. Each dining destination brings its distinct flair, inviting you to savour global flavours in settings that are as atmospheric as they are artful.

Advertisement feature





Summer Escape Staycation Offer

W Dubai – The Palm invites you to unwind in style with its Summer Escape Staycation, featuring a guaranteed upgrade to a Fabulous Room with a balcony and unrivalled ocean views, daily breakfast at LIV, and AED 100 dining credit (per night) redeemable across all venues including Akira Back, SoBe, Aether, WET Deck, and more. Guests also enjoy full access to the WET Deck, FIT Gym, and private beach.

Offer valid through August 31, 2025.

Akira Back

Internationally renowned Chef Akira Back marries modern Japanese precision with Korean and wider international influences at this Michelin Guide-listed restaurant. Here, seasonal produce and artisanal ingredients evolve into inventive sushi, signature tacos and delicate sashimi, all served against the glittering backdrop of Dubai's skyline.

Aether

Hidden behind unmarked doors and tucked deep within the hotel's walls, Aether is an intimate speakeasy. Soft candlelight, bespoke beverages and a curated selection of rare labels set the scene for late-night conversation and leisurely indulgence with a sophisticated ambience.

LIV

From dawn's first light to long after dusk, LIV serves an all-day buffet with themed evenings that range from Mediterranean mezze to Middle Eastern barbecue. Plentiful and ever-changing, it's the ideal spot for families and groups seeking variety and a relaxed, convivial atmosphere.

SoBe

Perched above the private beach, SoBe is the only bar on Palm Jumeirah to offer a full 360-degree panorama of the Arabian Gulf and city skyline. Expect a bold blend of South Beach Miami energy and Latin-American flair at this adults-only rooftop escape, where you can sip meticulously crafted concoctions as the sun dips below the horizon, illuminating the water in hues of rose and gold.

WET Deck

As the first W Escape in the Middle East, the WET Deck is an adults-only playground with live DJ sets, crafted offerings, luxury cabanas and a jacuzzi. WET, the family pool, offers a more relaxed, all-ages alternative. Beyond the pools, a white-sand private beach stretches towards the horizon, offering uninterrupted views of the Dubai skyline, best enjoyed from a sun lounger, drink in hand, as the city shimmers in the distance.

Contact: +9714 245 5888 | www.wdubaithepalm.com | Instagram @wdubaipalm | wpalmreservations@whotels.com

This Just In

A curated look at this month's most talked-about launches and standout trends

Comfort meals by Chef Marco Pierre White

Meals On Me, a pioneer in healthy meal plans, is elevating its offering with a gourmet twist — an exclusive à la carte menu crafted by the legendary chef Marco Pierre White. Drawing on his signature style and family recipes, the menu features comforting British and Italian classics such as Shepherd's pie with extra gravy, Aubergine alla Parmigiana with velvety pomodoro and mozzarella, and classic macaroni cheese with garden peas, soft poached egg, and aged parmesan. Made without GMOs, preservatives, added colours, or MSG, each dish uses premium, mostly locally sourced ingredients and eco-friendly packaging. Delivered fresh and ready to reheat, these meals perfectly blend convenience with fine dining — ideal for effortless lunches or impressive dinners.

From AED40. Visit hellomealsonme.com.

NUTRITIOUS BITE

Jelly Fruit Drops
Pineapple & Lemon
with natural collagen

Craving a sweet treat that does more than just satisfy your sweet tooth? HAPI, the powerhouse of wholesome, nourishing bites, has launched Jelly Fruit Drops with Natural Collagen – a snack that's as wholesome as it is delicious. These naturally sweetened, bite-sized jellies combine real fruit with halal beef gelatine to support skin hydration, boost collagen, and keep you feeling your best. Free from stabilisers, artificial colours, gluten and dairy, they come in three zingy flavour combos – Raspberry & Passion Fruit, Mango & Lime, and Pineapple & Lemon – perfect for a pre-gym boost, midday pick-me-up or guilt-free after-dinner nibble.

Available at HAPI in Al Khazzan Park, via Deliveroo, or WhatsApp +97150 682 7684 for next-day delivery.

PERFECT BREW

Sage Appliances, the cult-favourite brand behind some of the world's most iconic home espresso machines, has just launched the Oracle Jet and Barista Touch Impress in the UAE. These premium machines bring precision and style to every cup. The Oracle Jet (AED6,999) features dual heaters, a precision grinder, and a large touchscreen with Wi-Fi updates, perfect for coffee lovers who crave control and speed. Meanwhile, the Barista Touch Impress (AED5,299) offers automated, step-by-step barista guidance for effortless café-quality coffee at home. Combining innovative technology with sleek design, Sage makes professional coffee brewing accessible for all.

Visit sageappliances.com/en-ae.

Best Bite

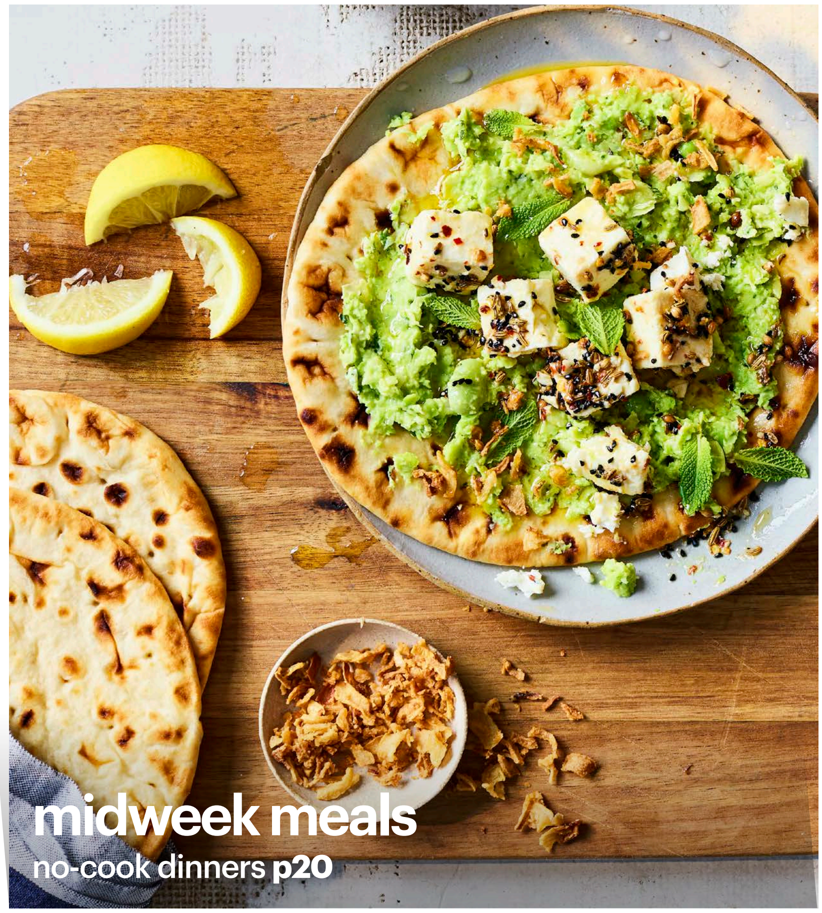
'Time to Mango' by FIX Dessert Chocolatier is a white chocolate bar filled with mango, passion fruit, and popping candy. This tropical twist on their signature creamy, crunchy treats delivers a playful, multi-sensory experience in every bite.

Available exclusively on Deliveroo at AED 72.25 with limited daily drops in Dubai and Abu Dhabi.

Photographs SUPPLIED

easy

Delicious, simple, and easy-to-make recipes


midweek meals
no-cook dinners **p20**

sunday prep
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& teen tested **p36**

Easy breezy
summer meals **p31**

midweek meals

no-cook dinners

Keep cool in the kitchen this summer – you don't need to turn on the oven or hob to make these satisfying dishes

recipes ANNA GLOVER ***photographs*** ELLA MILLER

Marinated feta & broad bean crush flatbreads

Marinating feta is a great way to keep it if you're not using up the whole block for one recipe. It lasts for a week covered in oil in the fridge and the flavour keeps improving.

SERVES 4 **PREP** 15 mins
NO COOK EASY V

400g frozen broad beans
handful of mint, leaves picked
3 tbsp plain yogurt (any kind)
1 lemon, ½ juiced, ½ cut into wedges, to serve
4 flatbreads (toasted, if you like)
4 tbsp crispy onions or toasted mixed seeds

For the marinated feta
200g block feta, drained
½ lemon, zest pared
1 tsp coriander seeds
1 tsp fennel seeds
1 tsp nigella seeds
½ tsp chilli flakes
4 tbsp extra virgin olive oil

1 Cut the feta into cubes. Tip into a container or small bowl, add the remaining ingredients and leave to marinate. *Will keep for a week in the fridge submerged in oil.*

2 Tip the beans into a heatproof bowl, boil the kettle, then pour some boiling water over the beans. Leave for 3 mins until softened, then drain well. Tip into a food processor with the mint, yogurt and lemon juice. Season and pulse briefly to make a chunky paste.

3 Divide the broad bean crush between the flatbreads and smooth over. Top with the feta and a drizzle of the marinade. Top with the crispy onions or toasted seeds. Serve with the lemon wedges for squeezing over.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 614 kcals • fat 30g • saturates 11g • carbs 52g • sugars 7g • fibre 15g • protein 27g • salt 1.88g

plan your week

We know life is busy, so to make things easier we're sharing this handy cut-out list with everything you need for our midweek meals.

SHOPPING LIST

FRESH PRODUCE

mint leaves
coriander
lemons
limes
mango
spring onions
cucumber
spinach leaves
cherry tomatoes
red onion
pointed green cabbage
avocado
basil

MEAT AND FISH

small rotisserie chicken
hot smoked trout or prawns
150g cooked and peeled king prawns

DAIRY AND CHILLED

plain yogurt
200g block feta

STORECUPBOARD

jar of roasted red peppers
400g can chickpeas
80g can brown anchovies in oil
extra virgin olive oil
olive oil
sherry vinegar
thyme or oregano (dried or fresh)
toasted flaked almonds
hot sauce
400g can black beans
mango chutney
curry powder (hot or mild)
coriander seeds
fennel seeds
nigella seeds
chilli flakes
cashews
garlic cloves
green chilli
flatbreads
tortilla wraps
crispy onions
vegan mayonnaise

FROZEN

400g frozen broad beans

Per person costings do not include salt, pepper or oil

Mango & chickpea coronation wraps with coriander cashew chutney

SERVES 2 **PREP** 15 mins
NO COOK EASY V

- 4 tbsp vegan mayonnaise (or regular, if you prefer)
- 2 tsp hot or mild curry powder
- 1 tbsp mango chutney
- 1 lime, juiced
- 400g can chickpeas, drained
- ½ mango, cut into 1cm pieces
- 2 spring onions, finely chopped
- 2 tortilla wraps
- few handfuls of spinach leaves
- ¼ cucumber, cut into batons

For the chutney

- ½-1 green chilli, chopped
- small bunch of coriander, roughly chopped
- 2 spring onions, roughly chopped
- 25g cashews, roughly chopped
- 1 lime or lemon, juiced

1 Mix the mayo, curry powder, mango chutney and lime juice together in a large bowl. Season. Tip in the chickpeas, mango and spring onions. Toss well to combine.

2 Whizz the chutney ingredients together in a small food processor, adding a splash of water if needed, until mostly smooth.

3 Put the wraps on plates, spoon on the chutney and spread it over. Pile the spinach and cucumber on top. Spoon over the chickpeas – you may not be able to fit them all in (see tip, right). Roll up the wraps tightly, cut in half and serve.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 626 kcals • fat 35g • saturates 4g • carbs 53g • sugars 13g • fibre 12g • protein 17g • salt 1.04g

gF tips

This makes more chickpea mixture than you need, but it keeps in the fridge for a few days and works well with jacket potatoes, pittas or salads.

Prawn, black bean & avocado salad with hot sauce & lime dressing

SERVES 2 **PREP** 15 mins
NO COOK EASY

- 1-2 tbsp hot sauce
- 1 lime, juiced
- 2 tbsp extra virgin olive oil
- 150g cooked, peeled king prawns
- 400g can black beans, drained and rinsed
- 1 avocado, cut into cubes
- ½ cucumber, cut into cubes
- 100g cherry tomatoes, halved
- 1 small red onion, finely diced
- handful of coriander, finely chopped

Mix the hot sauce, lime juice and olive oil together in a small bowl with some seasoning. Toss the remaining ingredients together in a large bowl. Pour over the dressing, toss again and serve.

GOOD TO KNOW fibre • vit c • 4 of 5-a-day • gluten free

PER SERVING 473 kcals • fat 27g • saturates 5g • carbs 25g • sugars 6g • fibre 14g • protein 25g • salt 1.82g

Rotisserie chicken, roasted red pepper & anchovy platter

A rotisserie chicken makes a great base for no-cook dinners. Serve with crusty bread for soaking up the juices.

SERVES 4 **PREP** 15 mins
NO COOK EASY

- 1 small rotisserie chicken, shredded (keep the bones for stock)
- 4 roasted red peppers from a jar, plus 2 tbsp brine
- 1 mozzarella ball, drained
- 80g can brown anchovies in oil
- 1-2 tbsp sherry vinegar
- 2 tbsp extra virgin olive oil
- a few thyme or oregano sprigs, leaves picked and chopped
- small handful of toasted flaked almonds
- crusty bread, to serve

1 Spread out the shredded chicken on a large platter. Slice the roasted red peppers and nestle around the chicken.

2 Tear over the mozzarella and scatter over the anchovies, reserving the oil. Whisk the vinegar with the anchovy oil, olive oil, 2 tbsp pepper brine from the jar and the herbs along with some seasoning. Add more vinegar to taste, if you like, then pour over the platter. Scatter with the almonds and serve with crusty bread.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 573 kcals • fat 38g • saturates 10g • carbs 5g • sugars 4g • fibre 2g • protein 50g • salt 4.61g

Shoot director JORDAN EDMONDS-MOORE | Food stylist TROY WILLIS | Stylist FAYE WEARS

Green goddess cabbage salad

We've served this hearty salad with smoked trout, but you can swap it out for falafel, halloumi or marinated tofu for a veggie main.

SERVES 4 **PREP** 20 mins **NO COOK** **EASY** **V**

1 pointed green cabbage, cored and finely chopped
½ cucumber, diced
4 spring onions, sliced, or ½ small bunch of chives, chopped
hot smoked trout or cooked chicken or prawns, falafel, halloumi or tofu, and toasted pitta or tortilla chips, to serve

For the dressing

1 avocado, stoned
small bunch of basil, roughly chopped
4 tbsp yogurt
2 tbsp olive oil
1 garlic clove
1 green chilli, deseeded
1 lemon, juiced

1 Put the dressing ingredients in a small food processor along with some seasoning and blend until you have a smooth sauce.

2 Tip the cabbage, cucumber, spring onions or chives into a large bowl. Pour over the dressing and toss well. Serve with smoked trout, cooked chicken or prawns, or to keep it vegetarian, pile on ready-to-eat falafel and halloumi or tofu alongside toasted pitta or tortilla chips.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 217 kcals • fat 15g • saturates 3g • carbs 11g • sugars 10g • fibre 8g • protein 7g • salt 0.12g

Sunday prep = weeknight wins

Spend an hour at the weekend preparing flavour-boosting ingredients for a shortcut to delicious dinners midweek

recipes AILSA BURT *photographs* KAREN THOMAS

How it works

STEP 1 Prepare Set aside an hour to slice, dice and mix a few ingredients (see our recipes, opposite).

STEP 2 Create We've colour-coded the recipes here and referenced them in the ingredients lists overleaf, showing you how to stretch them into three flavourful, time-saving weeknight dinners.

Seedy gremolata

Toast **100g mixed seeds** in a small, dry frying pan over a medium-high heat for 3-4 mins until fragrant and starting to pop. Transfer to a bowl and leave to cool slightly. Mix in **3 tbsp olive oil**, **2 crushed garlic cloves**, **30g finely chopped parsley** and the **zest and juice of 1 lemon**. Season to taste. *Will keep chilled in an airtight container for up to three days.*

Tahini dressing

Put **4 pitted dates**, roughly chopped, in a heatproof bowl. Pour over 150ml boiling water to cover. Leave to soak for 20 mins until softened, then tip into a blender with the water from the bowl, **1 tbsp tahini**, the **juice of 1 lemon**, **1 small garlic clove**, **½ tsp ground cumin** and **75ml neutral-tasting oil**, such as vegetable. Blitz until smooth, adding more water if needed to make it drizzly. Season to taste. *Will keep chilled in an airtight container for up to five days.*

Brown butter pilaf

Melt **50g salted butter** in a large pan over a medium heat. Continue to cook for 3-4 mins until foaming and smelling nutty – when you stir it, the milk solids at the bottom should be golden brown. Remove from the heat and add **1 tsp smoked paprika**, **2 tsp ground cumin**, 1 tsp salt and **500g long-grain rice**. Stir to coat. Pour over enough **chicken stock** to cover the rice by 2cm. Add the **peel from 1 lemon**. Bring to the boil over a high heat, cover, reduce the heat to the lowest setting and cook for 15 mins. Take off the heat. Leave to stand for 20 mins. Fluff using a fork, then spread out on a plate to cool. *Will keep chilled in an airtight container for up to three days.*

Cabbage & corn slaw

Core and finely slice **1 small white or red cabbage** and tip into a bowl along with **300g fresh, canned (drained weight) or frozen (defrosted) sweetcorn**, a **small handful of finely chopped parsley**, a **small handful of finely chopped chives**, **3 finely sliced spring onions** and **1 large carrot, grated**. Toss and cover with a clean, damp kitchen towel. *Will keep chilled in an airtight container for up to four days.*

Harissa sticky onions

Heat **15g unsalted butter** and **½ tbsp olive oil** in a frying pan over a medium-high heat and fry **2 finely sliced onions** with **½ tbsp light brown soft sugar** for 10-12 mins until starting to caramelise. Pour in enough boiling water to cover. Turn up the heat and bubble until the water has evaporated, about 10-15 mins. Reduce the heat. Stir in **2 crushed garlic cloves**. Cook for 1-2 mins, then add **1 tbsp harissa**. Cook for 1-2 mins and season with a pinch each of salt, pepper and the **zest of ½ lemon**. *Will keep chilled in an airtight container for up to five days.*

Meal one

Hot dogs with harissa sticky onions & slaw

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY**

- 800g sweet potatoes, cut into 1cm-thick wedges
- 2 tsp garlic granules
- 2 tsp onion granules
- 2 tsp smoked paprika
- 1½ tbsp vegetable oil
- 4 sausages
- 200g cabbage & corn slaw
- 75ml tahini dressing
- 4 hot dog buns
- 50g harissa sticky onions
- 4 tbsp seedy gremolata

1 Heat the oven to 220C/200C fan/gas 7 or the air fryer to 200C. Put the sweet potatoes in a pan, cover with cold water and sprinkle in a good amount of salt. Bring to the boil and cook for 2 mins. Drain and leave to steam-dry for a few minutes, then toss with the garlic and onion granules, the paprika and oil, and season well. Arrange on a baking tray or in the air fryer basket in an even layer and cook for 25 mins (or 20 mins in the air fryer) until golden and crispy.

2 Heat the grill to high or the air fryer to 180C. Arrange the sausages on a baking tray or in the air fryer basket and cook for 15-20 mins, turning several times (or shuffling the basket) until dark brown all over.

3 Toss the slaw with the dressing, then layer into the buns along with the sausages. Top with the sticky onions and serve alongside the sweet potato wedges sprinkled with the gremolata.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 707 kcals • fat 29g • saturates 6g • carbs 86g • sugars 27g • fibre 12g • protein 20g • salt 2.03g

Shoot director GILLIAN MCNEILL | Food stylist JESSICA RANSOM | Stylist FAYE WEARS

Meal two

Crispy sea bass with brown butter pilaf, seedy gremolata & slaw

SERVES 4 **PREP** 5 mins
COOK 10 mins **EASY**

- 3 tbsp cornflour
- ½ tsp cayenne pepper (optional)
- 1 tsp garlic granules
- 50ml sunflower oil
- 4 sea bass fillets
- 600g brown butter pilaf
- 350g cabbage & corn slaw
- 100ml tahini dressing
- 4 tbsp seedy gremolata

1 Combine the cornflour, cayenne pepper and garlic granules in a bowl along with a generous pinch of seasoning. Heat the oil in a high-sided frying pan over a medium-high heat. Coat the sea bass in the cornflour mix, patting to make sure it sticks well to both sides, then carefully lay in the pan and fry for 2-3 mins on each side, carefully flipping over once, until golden and cooked through.

2 Meanwhile, reheat the pilaf in the microwave or in a pan on the hob with a splash of water until piping hot. Toss the slaw with the tahini dressing, then divide between plates along with the pilaf. Garnish with the seedy gremolata.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING 779 kcals • fat 41g • saturates 9g • carbs 67g • sugars 7g • fibre 5g • protein 33g • salt 1.23g

Meal three
Charred chicken & rice salad

SERVES 4 **PREP** 5 mins plus 1 hr marinating **COOK** 15 mins **EASY**

- 100g Greek-style yogurt
- 1 lemon, zested and juiced
- 3 garlic cloves, crushed
- 2 tbsp olive oil
- 2 tsp dried oregano
- 2 tsp ground cumin
- 1 tsp paprika
- 6 boneless, skinless chicken thighs, cut into bite-sized pieces
- 350g cabbage & corn slaw
- 600g brown butter pilaf
- 100ml tahini dressing
- 50g harissa sticky onions
- 4 tbsp seedy gremolata

1 Combine the yogurt, lemon zest and juice, the garlic, olive oil, dried oregano, cumin and paprika, and season well. Mix in the chicken thighs and leave to marinate for at least 1 hr or overnight.

2 When ready to cook, heat the grill to high. Thread the chicken onto metal skewers, shaking off any excess marinade, and arrange on a baking tray. Grill for 12-15 mins, turning often until charred slightly and cooked through.

3 Meanwhile, combine the slaw, pilaf, dressing and onions in a large bowl, then divide between plates. Remove the chicken from the skewers, then scatter over the salad. Top with the gremolata.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 686 kcals • fat 35g • saturates 10g • carbs 61g • sugars 10g • fibre 6g • protein 27g • salt 1.3g

COOK SMART

Easy breezy summer meals

Use clever shortcuts and no-cook ingredients so you can enjoy more free time in the sun

Summer deli board

Summer deli board

Not just for Christmas, baking a round of soft cheese offers a great centrepiece for a sharing dish like this one, which is best enjoyed with friends and drinks.

SERVES 3 **PREP** 5 mins
COOK 30 mins **EASY**

- 3 sweet potatoes, cut into wedges
- 2 tbsp olive oil
- 1½ tsp thyme leaves
- 1 small whole brie
- 6 slices prosciutto
- 6 slices salami
- 12 cornichons
- 12 mixed olives
- 12 Peppadew peppers
- 16 baby plum tomatoes, halved
- 3 handfuls of rocket, dressed with 1 tbsp balsamic vinegar

1 Heat the oven to 200C/180C fan/gas 6. Tip the sweet potato wedges into a large bowl with the olive oil, 1 tsp of the thyme and some seasoning, then toss well to coat. Arrange on a non-stick baking sheet and roast for 20-25 mins until tender.
2 While the wedges are cooking, take the brie out of its packaging and put in a snug ovenproof dish. Cut slits in the top and sprinkle with the rest of the thyme. Bake alongside the wedges for the final 10 mins of cooking.
3 Put the brie in the centre of a large board or platter then arrange all of the other ingredients around it for people to help themselves.

PER SERVING 685 kcals • fat 41.3g • saturates 18.1g • carbs 43.8g • sugars 27.8g • fibre 10.9g • protein 29g • salt 3.8g

Quick Japanese-style rice salad

If you have leftover rice to use up, this is a great way to serve it.

SERVES 2 **PREP** 12 mins
COOK 3 mins **EASY**

- 250g cooked basmati rice
- 150g cooked peeled king prawns
- ¼ cucumber, diced
- 2 spring onions, chopped
- 50g edamame beans, defrosted if frozen
- 6 radishes, chopped
- ½ avocado, diced
- black sesame seeds, to serve (optional)

For the dressing

- 2 tbsp rice vinegar
- 1 tbsp toasted sesame oil
- 1 tbsp mirin
- 1 tbsp pickled ginger

1 Whisk the dressing ingredients together in a small bowl.
2 If using a pouch, heat the rice following pack instructions then tip into a bowl, break up and leave to cool until just warm. Alternatively use cold leftover rice. Fluff it up, then add half the dressing and toss.
3 Add the prawns and veg and toss again. Divide between two plates and spoon over the rest of the dressing. Sprinkle with black sesame seeds to garnish, if you like.

PER SERVING 415 kcals • fat 17.7g • saturates 3.1g • carbs 41.1g • sugars 10.5g • fibre 6.6g • protein 19.5g • salt 2.2g

Pepper & halloumi pide

Try this Turkish street food using a shop-bought bread mix for ease.

MAKES 4 **PREP** 10 mins plus rising
COOK 35 mins **EASY**

- 250g ciabatta bread mix
- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, crushed
- ½ small red pepper, diced
- ½ small green pepper, diced
- ½ tsp ground cumin
- ¼ tsp ground cinnamon
- handful of parsley, chopped
- 1 block of halloumi, diced
- plain flour, for dusting
- 25g butter, melted

1 Make the ciabatta dough following pack instructions and set aside to rise while you make the filling.
2 Heat the oil in a non-stick frying pan over medium heat and fry the onion, garlic and peppers for 10 mins or until soft. Add the spices and some seasoning, and cook for a few minutes, then stir in the parsley and take off the heat. Stir in the halloumi.
3 Heat the oven to 200C/180C fan/gas 6. Divide the dough into quarters then roll out on a lightly floured surface into long oval shapes (about 22cm x 9cm). Arrange on two baking trays lined with baking parchment. Scatter with the pepper and cheese mix leaving 1cm borders. Pinch at each end to make a slipper shape.
4 Bake for 20-25 mins or until puffed and golden. Brush the pides all over with melted butter and serve.

PER SERVING 451 kcals • fat 25.9g • saturates 13.7g • carbs 31.4g • sugars 5.4g • fibre 3.9g • protein 21.3g • salt 2.5g

Pasta salad with bocconcini, capers & tomatoes

Here's a moreish way to use those last few sweet, seasonal tomatoes.

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY** **V**

150g short pasta (such as radiatori)
3 tomatoes, diced
2 tbsp olive oil
1 tbsp red wine vinegar
1 tbsp capers
150g pack bocconcini, drained and balls torn in half if large
handful of basil, chopped
2 tbsp chopped chives

1 Cook the pasta following pack instructions. Meanwhile, toss together the tomatoes, olive oil, red wine vinegar, capers and lots of seasoning in a large bowl.
2 Drain the pasta then rinse under cold water and drain again. Add to the tomato mixture and toss well to coat all the pasta in the dressing. Leave for 5 mins, tossing a few times throughout.
3 Add the bocconcini and herbs, then toss again before serving.

PER SERVING 549 kcals • fat 25.1g • saturates 10.4g • carbs 57g • sugars 4.5g • fibre 5g • protein 21.4g • salt 0.9g

Recipes are extracted from olive magazine and do not include Good to Know information

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COOK SMART

Air-fried & teen tested

Encourage teenagers to get in the kitchen and have a go at making these fun, easy fakeaway recipes

recipes BARNEY DESMAZERY ***photographs*** SAM FOLAN

Air fryer buffalo wings with ranch dressing

Crispy, spicy, and messy (in the best way), these buffalo wings are coated in a secret combo of baking powder and cornflour to make them extra-crunchy in the air fryer. Serve with a creamy ranch dip to cool things down.

SERVES 2-3 **PREP** 5 mins
COOK 25-30 mins **EASY**

For the wings

- 12 whole chicken wings (about 1kg)
- ½ tsp baking powder
- 1 tbsp cornflour
- 1 tsp garlic granules
- 1 tsp smoked paprika
- ½ tsp cayenne pepper (or to taste)
- 1 tbsp vegetable oil

For the buffalo sauce

- 25g butter
- 1 tbsp hot sauce
- ½ tsp honey

For the ranch dressing

- 4 tbsp mayonnaise
- 4 tbsp soured cream or yogurt
- ¼ tsp garlic granules
- ½ tsp lemon juice
- 1 spring onion or small bunch of chives (optional)

1 Pat the chicken wings dry using kitchen paper. In a large bowl, mix together the baking powder, cornflour, garlic granules, paprika, cayenne and ½ tsp salt. Toss the wings in the oil, then add the dry mix and turn to coat evenly.

2 Arrange the wings in a single layer in the air fryer basket (you may need to do this in batches). Air-fry at 200C for 25-30 mins, turning halfway through, until crisp, golden and cooked through.

3 Meanwhile, melt the butter with the hot sauce and honey in a small pan or the microwave, stirring to combine. For the ranch dressing, mix all the ingredients together in a bowl and season to taste. Once the wings are done, toss in the buffalo sauce and serve immediately with the ranch dip on the side.

PER SERVING (3) 752 kcals • fat 58g • saturates 16g • carbs 11g • sugars 6g • fibre 1g • protein 46g • salt 1.98g

Shoot director LAURIE NEWMAN | Food stylist TROY WILLIS | Stylist FAYE WEARS

Air fryer shawarma-spiced halloumi wraps

SERVES 4 **PREP** 20 mins
COOK 10 mins **EASY** **V**

4 flatbreads or large wraps
4 tbsp hummus (optional)
yogurt or hot sauce, for drizzling
coriander leaves, to serve (optional)

For the halloumi

225g block halloumi
1 tbsp olive oil
1 tbsp shawarma spice mix

For the slaw

150g red cabbage, finely shredded
1 carrot, coarsely grated
½ lemon, juiced
½ small garlic clove, finely grated

1 To make the slaw, mix the cabbage and carrot together in a bowl. Stir through the lemon juice, garlic and a pinch of salt. *Will keep covered and chilled for a day.*

2 Cut the halloumi into chunky batons. Toss with the oil, spices and a pinch of salt until well coated. Air-fry at 200C for 8-10 mins, shaking halfway through, until golden and crisp at the edges.

3 Warm the flatbreads, then spread over the hummus (if using). Pile on the slaw, top with the spiced halloumi, a drizzle of extra yogurt or hot sauce and a sprinkling of coriander leaves, if you like.

GOOD TO KNOW calcium • fibre • vit c
PER SERVING 444 kcals • fat 20g • saturates 10g • carbs 39g • sugars 6g • fibre 9g • protein 23g • salt 2.51g

tip

Shawarma spice mix

If you want to make your own spice mix, combine 1 tsp ground cumin, 1 tsp smoked paprika, 1 tsp ground coriander, 1 tsp ground cinnamon and a pinch of chilli flakes (optional).

Air fryer cheat's fish fillet burgers with tartare sauce

These speedy fish burgers are a fun fakeaway you can make for the family using frozen breaded fillets and a zingy tartare sauce.

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY**

4 frozen breaded white fish fillets
oil, for drizzling
4 slices processed cheese or burger cheese (optional)
4 soft white burger buns, halved
a few iceberg lettuce leaves, shredded

For the tartare sauce
1 gherkin, finely chopped
1 tbsp capers, finely chopped
100g mayonnaise
¼ lemon, juiced

1 To make the sauce, chop the gherkin and capers together on a board, then tip into a small bowl with the mayonnaise, lemon juice and a pinch of salt, and mix together. If you have a mini chopper, tip in all the ingredients and whizz together. *Can be made up to two days ahead and kept in the fridge.*

2 To air-fry the frozen fish fillets, drizzle each side with the oil, then cook at 200C for 10-12 mins, turning halfway through until golden and crisp. Once the fish is cooked, top each fillet with a slice of cheese, if using, and return to the air fryer for 1 min to melt slightly. Toast the buns, then spread the bases with the tartare sauce. Add the lettuce, cheese-topped fish, finish with the bun tops and serve.

PER SERVING 505 kcals • fat 29g • saturates 3g • carbs 43g • sugars 3g • fibre 3g • protein 17g • salt 1.24g

Air fryer kung pao-style peanut prawns

Juicy prawns are coated in a sticky, spicy sauce, then tossed with roasted peanuts for crunch. Serve with microwave rice to keep things super-easy.

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY**

200g raw king prawns (defrosted if frozen)
1 red pepper, chopped into bite-sized pieces
3 spring onions, white part chopped into big chunks, green part finely sliced to serve
1 tsp vegetable oil
30g roasted peanuts, roughly chopped

For the sauce

2 tbsp soy sauce
2 tbsp hoisin sauce
2 tsp malt vinegar
1 tsp sesame oil
1 tsp cornflour
2 tsp honey
½ tsp chilli flakes (optional)

To serve

250g microwave rice

1 Toss the prawns, pepper and white parts of the spring onions in the oil with a pinch of salt. Tip into the air-fryer basket (use a liner or tray if the basket has large holes). Air-fry at 200C for 6-8 mins, shaking halfway through, until the prawns are pink and cooked through.

2 Meanwhile, whisk all the sauce ingredients together in a small saucepan and cook over a medium heat for 1-2 mins until thickened and glossy.

3 Add the cooked prawns and veg to the sauce along with the chopped peanuts, and toss everything to coat. Heat the microwave rice following pack instructions, then serve with the kung pao prawns and scatter over the spring onion greens.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 508 kcals • fat 13g • saturates 2g • carbs 68g • sugars 20g • fibre 4g • protein 28g • salt 3.76g

Air fryer black bean & double cheese nachos with easy salsa

These loaded nachos are the ultimate snack: cheesy, crunchy and easy enough to knock up quickly for a family movie night.

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** **V**

For the salsa

- 2 large, ripe, firm tomatoes
- 1 small red onion, peeled
- 1 tsp olive oil
- ½ lime, juiced (save the other ½ for the nachos)
- pinch of chilli powder (optional)

For the nachos

- 400g can black beans, drained and rinsed
- 1 tsp Cajun-style or fajita seasoning
- ½ lime, juiced
- 200g salted tortilla chips
- 75g mature cheddar, grated
- 100g grated mozzarella or whole mozzarella, torn
- small handful of coriander, roughly chopped (optional)

1 For the salsa, coarsely grate the tomatoes into a bowl, discarding any skin left behind, then grate in the onion. Stir in the olive oil, lime juice and chilli powder, if using, and a pinch of salt, then set aside. *Can be made a day ahead and chilled.*

2 Tip the beans into a bowl with the Cajun seasoning and the rest of the lime juice, then use a potato masher to roughly mash. Line the air-fryer basket with baking parchment. Layer in half the tortilla chips, half the beans and half the cheese, then repeat to make a second layer.

3 Air-fry at 200C for 8-10 mins, or until the cheese is melted, golden and bubbling. Use the sides of the parchment to lift the nachos onto a platter, then spoon over half the tomato salsa and scatter over the coriander, if using. Serve with the rest of the salsa on the side.

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day
PER SERVING 481 kcals • fat 24g • saturates 9g • carbs 44g • sugars 4g • fibre 8g • protein 18g • salt 1.12g

Turkish lentil tomato soup

COOK SMART

Transform canned *beans*

Elevate a thrifty storecupboard staple with these clever ideas from **Claire Thomson**

photographs SAM FOLAN

Black bean & carrot burgers

Turkish lentil tomato soup

For one of the easiest soups of all, cook split red lentils with veg and spices until sublime in texture. The flavours are inspired by Turkish cuisine, including the serving suggestion of dried mint, chilli flakes and plain yogurt. Try serving warm, not piping hot, so those flavours can sing.

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY** **V**

- 4 tbsp olive oil, plus a drizzle
- 4 celery stalks, finely chopped
- 1 onion, finely chopped
- 1 red pepper, deseeded and finely chopped
- 2 carrots, coarsely grated
- 2 garlic cloves, finely chopped
- 1 tbsp Turkish pepper paste or 2 tsp tomato purée mixed with 2 tsp unsmoked sweet paprika
- 1 tbsp ground cumin
- 400g can chopped tomatoes
- 150g split red lentils, rinsed and drained
- 1 litre vegetable stock or water
- ½ lemon, juiced

To serve

- 1 garlic clove, crushed
- 100g plain yogurt
- 4 tbsp pumpkin or sunflower seeds (or a mix of both), lightly toasted
- 1 tsp dried mint (optional)
- 1 tsp Urfa chilli flakes (optional)
- wholemeal flatbreads or pittas, to serve (optional)

1 Heat the oil in a large saucepan over a medium heat and cook the celery, onion, red pepper and carrots for around 10 mins until softened.

2 Meanwhile, for the items to serve, mix the crushed garlic into the yogurt and season to taste with salt and pepper. Set aside.

3 Stir the finely chopped garlic into the vegetables in the pan and cook for 1 min until fragrant, then stir in the pepper paste and cumin, and cook for 30 seconds more.

4 Add the tomatoes and cook for 5 mins to thicken slightly, then stir in the red lentils, vegetable stock and some salt and pepper to taste. Bring the mixture to the boil. Reduce the heat to low, cover and simmer for 20-25 mins until the lentils are tender.

5 Use a hand blender or jug blender to partially purée half the soup until smooth and creamy. If using a jug blender, work in batches, being careful with the hot soup.

6 Return the puréed soup to the pan, add the lemon juice and adjust the seasoning if needed.

7 Ladle the soup into serving bowls and add a spoonful of the garlic yogurt. Sprinkle the seeds on top, with the dried mint and chilli flakes (if using), and finish with a drizzle of olive oil. Serve with wholemeal flatbreads or pittas, if you like.

GOOD TO KNOW fibre • vit c • iron • 4 of 5-a-day
PER SERVING 442 kcals • fat 21g • saturates 3g • carbs 39g • sugars 16g • fibre 10g • protein 18g • salt 0.9g

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Black bean & carrot burgers

Beans make an excellent base for a plant-based burger. I like black beans as their colour works well; they have a deep savoury flavour and their soft skins break down nicely, but use any bean you prefer. Enjoy in a bun with soft lettuce, avocado, some sliced gherkins and pickled beetroot for the win, very thinly sliced tomato and red onion and bottled condiments of your choice – I always go for hot sauce.

SERVES 4 **PREP** 20 mins plus 1 hr chilling **COOK** 20 mins **EASY** **V**

- 250g drained cooked or canned black beans or kidney beans
- ½ tsp chipotle powder or smoked paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp miso paste (any colour), or soy sauce
- 300g carrots, grated
- ½ bunch of spring onions, finely chopped
- 1 tbsp Dijon mustard
- 30g ground almonds
- 70g dried breadcrumbs
- 30g finely grated parmesan or cheddar (optional)
- sunflower oil or olive oil, for frying

To serve

- 4 burger buns, halved
- 1 avocado, peeled, stoned and thinly sliced
- 2 large gherkins, thinly sliced
- 2 large pickled beetroots, thinly sliced
- 2 medium tomatoes, thinly sliced
- 1 small red onion, thinly sliced
- lettuce leaves
- mayonnaise (optional)
- hot sauce (optional)

1 Blend or mash the beans to a rough purée with the chipotle powder, cumin, oregano and miso.

2 In a bowl, mix the grated carrots with the spring onions, mustard, ground almonds, breadcrumbs, grated cheese (if using) and seasoning to taste. Use your hands to work the mix together until cohesive and easily shaped.

3 Shape the mix into four burgers, about 2cm thick, and place on a tray or plate. Put them in the fridge to firm up for an hour or so.

4 Heat a large non-stick frying pan with enough oil to cover the surface and fry the burgers over a moderate heat for 2-3 mins on each side until crisp.

5 Remove from the heat and serve immediately inside the burger buns with the avocado, gherkins, pickled beetroot, tomatoes, red onion, lettuce, and with mayonnaise and/or hot sauce, if you like.

GOOD TO KNOW folate • fibre • vit c • 3 of 5-a-day
PER SERVING 606 kcals • fat 23g • saturates 4g • carbs 73g • sugars 13g • fibre 12g • protein 20g • salt 2.17g

CLAIRE THOMSON
One Pan BEANS

Recipes are adapted from *One Pan Beans* by Claire Thomson (Quadrille) and not retested by us. Photographs © Sam Folan.

Roasted cauliflower with raisins, almonds, white beans & chimichurri

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** V

- 1 medium cauliflower, core removed and trimmed and thinly sliced, the rest cut into florets
- 1 large red onion, sliced into thin wedges
- 3 tbsp olive oil
- ½ tsp smoked paprika
- 1 tsp ground cumin
- 60g raisins
- 500g drained cooked or canned white beans
- 50g flaked almonds

For the chimichurri

- small bunch of parsley
- 2 garlic cloves, finely chopped
- 50ml olive oil
- 2 tbsp red wine vinegar
- ½-1 tsp chilli flakes
- pinch of dried oregano

1 Heat the oven to 200C/180C fan/gas 6. Toss the cauliflower and red onion with the olive oil, paprika, cumin and some salt and pepper. Spread out on a baking sheet and roast for 25-30 mins, or until golden brown and tender.

2 Meanwhile, boil the kettle, then in a small heatproof bowl, soak the raisins in enough boiling water to cover for 5 mins.

3 For the chimicurri, blitz or finely chop by hand, the parsley and garlic, then blend (or stir) in the olive oil, red wine vinegar, chilli flakes, dried oregano and salt and pepper to create a smoothish sauce.

4 In a large bowl, combine the roasted cauliflower and red onion with the beans, drained raisins and the flaked almonds. Season to taste with salt and pepper.

5 Drizzle the chimichurri over the salad and scatter over the almonds to serve.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 512 kcals • fat 28g • saturates 4g • carbs 42g • sugars 18g • fibre 11g • protein 17g • salt 0.08g

The sticker challenge

Give past-their-best blueberries a chance to shine in these luscious recipes

recipes AILSA BURT *photographs* ELLA MILLER

Shoot director JORDAN EDMONDS-MOORE | Food stylist TROY WILLIS | Stylist FAYE WEARS

Blueberry & almond galette

SERVES 6-8 **PREP** 20 mins plus chilling **COOK** 30 mins **EASY** **V**

400g blueberries
2 tbsp cornflour
1 lemon, juiced
½ tsp ground cinnamon
50g golden caster sugar
2 tbsp ground almonds
2 tbsp flaked almonds
1 egg, beaten
1½ tbsp demerara sugar
vanilla ice cream, to serve
For the pastry
200g plain flour, plus extra for dusting
2 tbsp golden caster sugar
1 tsp vanilla paste
150g butter, cut into cubes
3-4 tbsp milk

1 To make the pastry, tip the flour, sugar, vanilla, butter and a pinch of salt into a food processor. Blitz until the mixture resembles fine breadcrumbs, then pour in 3 tbsp milk and pulse until it begins to come together, adding a little more milk if needed. Bring together into a ball, then pat out into a disc. Wrap well and chill for 30 mins. *Will keep chilled for up to three days.*
2 Heat the oven to 200C/180C fan/gas 6 and put a large baking sheet inside to heat up. Lightly dust a clean work surface with flour and roll out the pastry until it measures 30cm in circumference. Transfer to a sheet of baking parchment. Tip the blueberries, cornflour, lemon juice, cinnamon and sugar into a bowl and stir well.
3 Sprinkle the ground almonds onto the base of the pastry, leaving a 4cm border, then pour the blueberry mixture on top and spread it out. Scatter over the flaked almonds then fold in the edge of the pastry, overlapping the filling slightly. Brush some egg over the edge and sprinkle over the demerara sugar.
4 Carefully slide the galette onto the hot baking sheet and bake for 25-30 mins until the pastry is golden. Leave to set and cool on the tray until warm. Serve cut into wedges with vanilla ice cream.

PER SERVING (8) 388 kcals • fat 21g • saturates 10g • carbs 43g • sugars 21g • fibre 2g • protein 6g • salt 0.44g

Blueberry & ginger shrub

MAKES 200ml **PREP** 5 mins plus cooling **COOK** 25 mins **EASY** **V**

90g caster sugar
300g blueberries, plus a few extra to serve
60g ginger, sliced into thin coins
4 tbsp apple cider vinegar
sparkling water and pared orange zest, to serve

1 Tip the sugar and 60ml water into a saucepan and bring to a simmer. Once melted, stir in the blueberries and ginger and cook for 15-20 mins until the blueberries have completely broken down. Remove from the heat and leave to cool.
2 Stir in the vinegar and tip into a fine metal sieve set over a bowl. Let the juices drip through slowly for 15-20 mins, then discard the contents of the sieve. *Will keep chilled for up to a week.* To serve, drizzle 1 tbsp of the shrub over ice and top up with sparkling water. Garnish the glass with blueberries and pared orange zest threaded onto a cocktail stick, if you like.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING 20 kcals • fat 0.5g • saturates 0.1g • carbs 5g • sugars 5g • fibre 0.2g • protein 0.1g • salt none

quick-fix sundaes

No time for making dessert? Elevate shop-bought ice cream with our simple-to-mix sauces and toppings

recipes GOOD FOOD TEAM
photograph KAREN THOMAS

Salted pecan banoffee sundaes

SERVES 2 **PREP** 5 mins plus cooling
COOK 15 mins **EASY** **V**

110g caster sugar
50g unsalted butter, cut into cubes
70ml double cream
½ tsp sea salt flakes
4 scoops salted caramel or vanilla ice cream
1 large banana, peeled and sliced
20g roasted, salted pecans, roughly chopped
20g sweet & salty popcorn
10g dark chocolate, grated

1 Melt the sugar in a heavy-based frying pan over a medium heat, swirling the pan (but not stirring) until it has fully melted. Whisk in the butter quickly, then pour in the cream – it will bubble for a minute, then reduce. Cook for 1-2 mins, then remove from the heat and leave to cool for 5-10 mins. Stir in the salt, then leave to cool completely. *Will keep chilled for up to 10 days.*
2 For each sundae, layer the ice cream, banana slices, pecans and toffee sauce into a sundae glass. Repeat the layers, then finish with a final drizzle of the sauce, the popcorn and grated chocolate.

PER SERVING 973 kcals • fat 60g • saturates 32g • carbs 100g • sugars 95g • fibre 3g • protein 7g • salt 1.75g

GF tip

This will make more toffee sauce than you need, so keep it in the fridge for up to 10 days to use in other desserts – it would be great drizzled over waffles or cake, or stirred into hot chocolate.

Strawberry & pistachio baklava sundaes

SERVES 2 **PREP** 15 mins plus cooling
COOK 5 mins **EASY** **V**

250g strawberries
3 tbsp honey
drop of rosewater
1 tsp lemon juice
50g shelled pistachios, roughly chopped
4 scoops pistachio ice cream
4 baklava squares or triangles, 2 roughly chopped, 2 left whole

1 Set 4 strawberries aside. Finely chop the rest. Cook the chopped strawberries in a pan with a squeeze of honey, a drop of rosewater and the lemon juice over a medium heat for 4-5 mins, then remove from the heat and leave to cool completely.
2 Tip the remaining honey and the pistachios into another pan over a medium heat. Cook for a few minutes until sticky and add a pinch of salt.
3 Divide the compote between two glasses, then top with a scoop of ice cream each, the chopped baklava and some of the honeyed pistachios. Slice 2 of the whole strawberries and arrange vertically around the edge of the glasses. Add the rest of the ice cream and pistachios, then the whole baklava and strawberries.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 586 kcals • fat 34g • saturates 11g • carbs 84g • sugars 64g • fibre 6g • protein 9g • salt 0.62g

Shoot director GILLIAN MCNEILL | Food stylist JESSICA RANSOM | Stylist FAYE WEARS

Chocolate & peanut butter sundaes

SERVES 4 **PREP** 15 mins
COOK 5 mins **EASY** **V**

- 175g dark chocolate, broken up
- 200ml double cream
- 125g crunchy peanut butter, melted and cooled
- 1kg vanilla ice cream
- handful of unsalted roasted peanuts, chopped, to garnish

1 Melt 100g of the dark chocolate with the cream and 75g of the peanut butter together in a small saucepan over a low heat, stirring until the mixture is smooth and the sauce has thickened. If the sauce seems too thick, you can add a little more double cream.

2 Melt the remaining chocolate in a heatproof bowl in the microwave in short bursts. Or, do this over a pan of simmering water, ensuring the bowl doesn't touch the water.

3 Scoop some of the ice cream into four sundae glasses, then drizzle in half of the sauce. Repeat this, then top with another scoop of ice cream each. Drizzle over the melted chocolate which should set on the cold ice cream. Scatter over the chopped peanuts and serve.

GOOD TO KNOW fibre
PER SERVING 1124 kcals • fat 82g • saturates 43g • carbs 71g • sugars 65g • fibre 8g • protein 21g • salt 0.73g

Piña colada sundaes

SERVES 3 **PREP** 10 mins plus cooling
COOK 10 mins **EASY** **V** 🍷

- 200g pineapple chunks (fresh works best, but you can also use canned)
- 1 tbsp demerara sugar
- 1 lime, zested and juiced
- 3 digestive biscuits
- 5 tbsp dulce de leche
- 1 tbsp spiced rum
- 6 scoops coconut ice cream
- maraschino cherries, to garnish

1 Heat the grill to high. Put the pineapple chunks on a roasting tray, then sprinkle over the sugar. Cook under the hot grill for 8-10 mins, turning the pieces over halfway through, until the pineapple is golden. Immediately squeeze over the lime juice and mix, scraping up any burnt sugar from the tray as you do. Cool fully, then finely chop.

2 Lightly crush the biscuits, then set aside. Put the dulce de leche in a small pan and stir in the rum. Warm over a low heat until smooth and combined, then remove from the heat, stir through the lime zest and leave to cool slightly.

3 Spoon the ice cream into three sundae glasses, layering with the rum caramel, roasted pineapple and crushed biscuits until all the ingredients are used, finishing with a drizzle of caramel. Top each with a maraschino cherry.

GOOD TO KNOW fibre • vit c
PER SERVING 666 kcals • fat 19g • saturates 15g • carbs 112g • sugars 105g • fibre 6g • protein 5g • salt 0.32g

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Mouthwatering dishes to dig into with your family and friends

LOCAL FLAVOURS

What home tastes like

A mother's influence becomes a chef's voice at Kashtat Amina, the newly opened UAE restaurant where Chef Mariam Almansoori reimagines Emirati cuisine through family tradition. Her recipe for Margoogat Diyay, like her other dishes on the menu, is a tribute to her roots and her mother Amina

Margoogat Diyay

SERVES 6

500g chicken
500g rice
300g tomatoes, cut into large pieces
200g red onion, cubed
10g garlic, minced
10g ginger, minced
3g white pepper
13g turmeric
3L water
200g tomato puree
10g salt
2g black pepper
3g bzar (Emirati spice mix)
400g potatoes, cubed into large pieces
150g cooking oil
50g fresh parsley
1 cinnamon stick
3 cloves
3 pcs homemade dough, cut into large cubes

1 Heat the pan and add oil.
2 Add onion, whole spices, and chicken. Sauté until the onion softens, then add garlic and ginger.
3 Sauté until onion turns light brown, then add tomatoes. Cover the pan until the tomato melts.
4 Add the white pepper, turmeric, salt, black pepper, and bzar. Sauté briefly, then add the tomato puree. Cover and simmer until fully combined.
5 Add potatoes and parsley.
6 Pour in 3L water and cook for 20–30 minutes.
7 To make the margooga, transfer some of the sauce from the pan into a separate pot. Add the homemade dough cubes and cook on low heat until the dough breaks down and the mixture thickens into a saucy consistency.
8 On a serving plate, layer the cooked dough mixture. Top with chicken and potatoes. Garnish as desired.

The Essential Guide to Emirati Spices

Here's a guide to some of the most essential spices and blends found in Emirati kitchens

Saffron

One of the most prized spices, saffron adds a golden hue and floral aroma to rice and desserts. It's often soaked in rose water before use to intensify its flavour. Due to its high cost, it's used sparingly, but purposefully, in dishes such as luqaimat and saffron rice.

Use in: Sweets, rice dishes, saffron tea.

Loomi (Dried Black Lime)

A staple in stews and rice dishes, loomi brings a tangy, slightly bitter depth. The limes are boiled, sun-dried, and crushed or pierced whole into dishes like machboos and maraq for their sour intensity. It's also used to flavour broths and soups, balancing rich meats like lamb or chicken.

Use in: Machboos, lentil soups, slow-cooked lamb.

Za'atar

Although variations exist across the Middle East, Emirati za'atar typically combines thyme, oregano, toasted sesame, and sumac. It's often sprinkled on breads, used as a dip with olive oil, or incorporated into meat marinades.

Use in: Flatbreads, roasted vegetables, grilled meats.

Cardamom

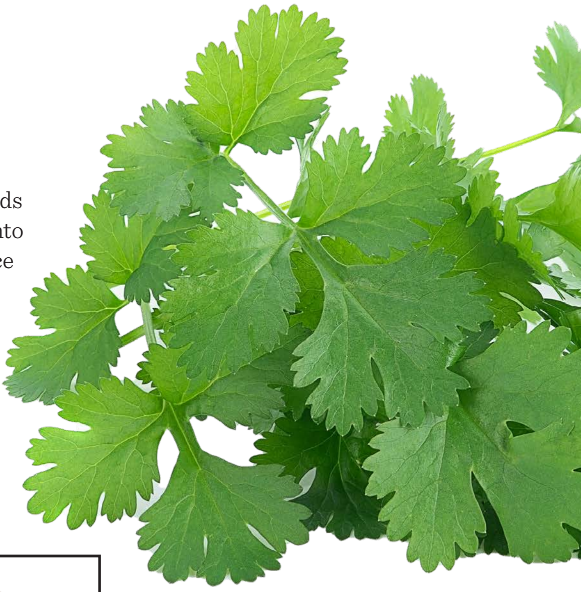
Green cardamom pods are crushed and added to everything from Arabic coffee (gahwa) to rice, stews, and desserts. Warm, slightly sweet, and aromatic, it's one of the most versatile spices in Emirati cuisine.

Use in: Coffee, rice, porridge, desserts.

Turmeric

Used both for its colour and subtle earthiness, turmeric features in many savoury dishes. It also holds cultural significance for its healing properties and traditional use in skin treatments.

Use in: Stews, rice dishes, pickles.



Coriander

Both seeds and fresh coriander are popular in Emirati cooking. The seeds are toasted and ground into spice blends or used in rice and meat dishes, adding citrusy warmth.

Use in: Stews, fish marinades, rice blends.

Cumin

Ground or whole, cumin is a workhorse spice used to deepen the flavour of meat, rice, and legume dishes. It pairs well with coriander and is often part of Emirati spice blends.

Use in: Maraq, falafel, grilled meats.

Baharat (Mixed Spice Blend)

This is the heart of many Emirati dishes. While each household may have its own variation, a typical Emirati baharat includes black pepper, cinnamon, cloves, nutmeg, cardamom, and coriander. It's used generously in meat rubs, rice, and stews.

Use in: Machboos, kofta, vegetable stews.

Fenugreek

A slightly bitter spice used in small amounts, fenugreek seeds or powder are known for their health benefits and are often added to lentil dishes or harees, especially during Ramadan or postnatal recovery.

Use in: Harees, lentils, breads.

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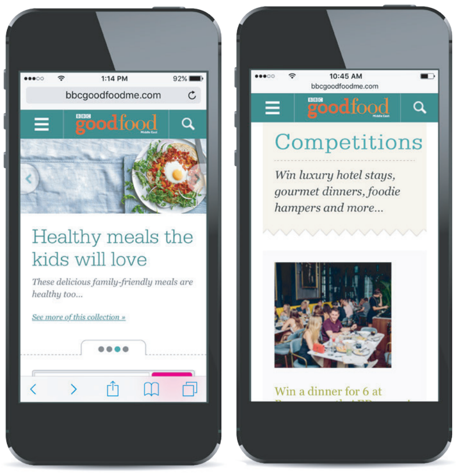

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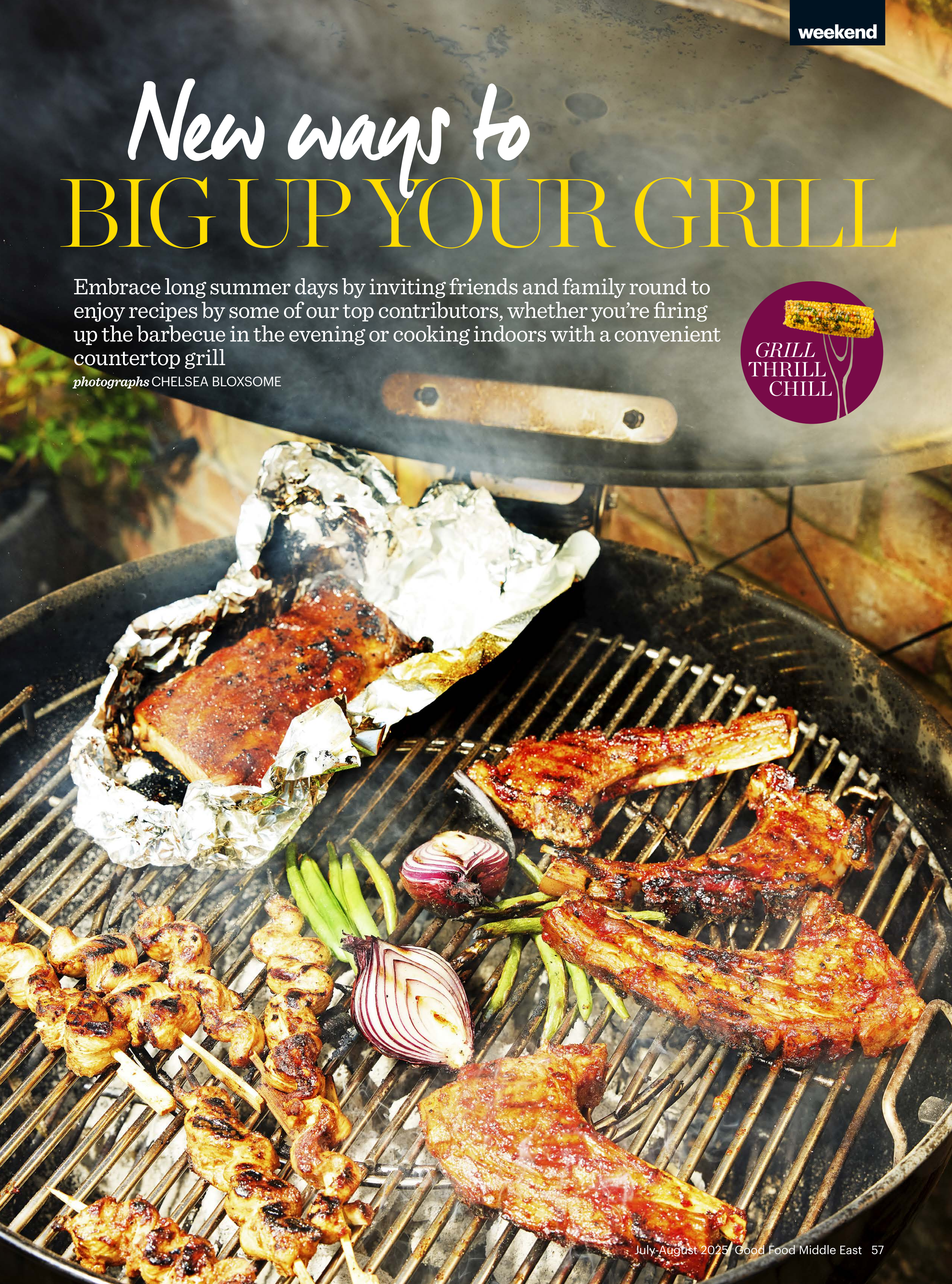
New ways to BIG UP YOUR GRILL

Embrace long summer days by inviting friends and family round to enjoy recipes by some of our top contributors, whether you're firing up the barbecue in the evening or cooking indoors with a convenient countertop grill

photographs CHELSEA BLOXSOME

GRILL
THRILL
CHILL



Grilled prawns with burnt pineapple & scotch bonnet chutney

Prawns require minimal marinating because they take on flavour so readily, are quick to cook and taste incredible – especially when grilled in their shells. I've used canned pineapple here for ease and because you don't need much. But, feel free to substitute with fresh if you prefer. **Melissa Thompson**

SERVES 4 **PREP** 20 mins
COOK 25 mins **EASY**

- 24 whole king prawns, shells left on
- 3 garlic cloves, crushed
- 3 spring onions, finely chopped, green and white parts separated
- 1 tsp ground cumin
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1 tsp pul biber
- 2 tbsp vegetable oil

For the chutney

- 1 banana shallot
- 1 small whole garlic bulb
- 3 tbsp extra virgin olive oil
- 260g canned pineapple slices (drained weight)
- 2 tbsp sherry vinegar
- ¼-1 scotch bonnet chilli (depending on your preference for heat), finely chopped

1 Cut the antennae and legs off the prawns using kitchen scissors. Snip down the back of the shell, from the neck to just before the tail. Use a cocktail stick to remove the dark intestinal tract, discarding this. Discard the parts of the shell around the middle, leaving the heads and tails intact.

2 Combine the garlic, white parts of the spring onion, the cumin, thyme, smoked paprika, pul biber, 1 tsp salt, ½ tsp ground black pepper and the oil to make a paste, and rub this all over the prawns. Set aside.

3 Arrange the coals of the barbecue on one side and light. For the chutney, cook the shallot directly on the coals for about 15 mins, turning every 5 mins until soft when pressed. Slice off the root end of the garlic bulb, drizzle with a little of the olive oil and season with a little salt. Wrap in foil and cook directly over the coals for 15-20 mins, turning every 5 mins until soft.

4 Drizzle the pineapple slices with a little of the remaining oil and cook directly over the coals for 2 mins, then turn and cook for 5-8 mins more, turning every minute until dark golden all over with charred spots. Remove from the grill and put in a blender. Squeeze in the softened garlic, then add the cooked shallot, the vinegar and remaining olive oil. Season with a little salt and pulse until you have a semi-chunky chutney (you don't want it to be completely smooth). Mix in the scotch bonnet and season to taste.

5 Arrange the prawns either directly over the coals or on top of the grill and cook for 3 mins until the undersides have turned pink. Flip and cook for a couple of minutes more until the prawns are completely pink with no areas of grey. Remove from the barbecue and serve immediately with the chutney.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 208 kcals • fat 14g • saturates 2g • carbs 10g • sugars 9g • fibre 2g • protein 9g • salt 2.06g

Melissa runs recipe project Fowl Mouths, striving to drive change in the food industry. She's a vocal advocate for black and minority ethnic people in this field, and in 2022 won the PPA Writer of the Year award for her work in Good Food. Her debut book, *Motherland*, is out now. *@FowlMouthsFood*

Chicken satay

To me, Malaysian satay is the world's greatest meat-on-a-stick moment. The charcoal grill is key for that proper smoky edge, and chicken thigh is a must. You need that bit of fattiness to keep the meat juicy and tender as it chars. **Julie Lin**

SERVES 10-12 **PREP** 45 mins plus at least 3 hrs marinating **COOK** 10 mins **EASY**

400g chicken breast, cut into bite-sized chunks (about 3cm cubes)
vegetable oil, for brushing
peanut sauce, to serve (see recipe below)

For the paste

125g shallots, peeled and roughly chopped
6 garlic cloves, roughly chopped
2 fresh long red chillies
3cm piece of galangal, peeled

For the marinade

50g gula melaka palm sugar, shaved, or use 3½ tbsp dark brown soft sugar
2 tbsp ground coriander
1 tbsp ground cumin
4 tbsp light soy sauce
6 tbsp kecap manis (sweet soy sauce)

1 For the paste, put all the ingredients in a food processor or blender with 1½ tsp salt and blitz until smooth.

2 For the marinade, combine all of the ingredients in a bowl, mixing thoroughly. Once combined, stir the paste into the marinade.

3 Add the chicken to the marinade and stir to coat. Cover and marinate in the fridge for at least 3 hrs, or ideally overnight. Meanwhile, put 10-12 wooden skewers in a tray filled with water and leave to soak for at least 1 hr or up to overnight (this will keep them from burning).

4 Once the chicken has marinated, thread the pieces onto the skewers, dividing them equally between the skewers. Cook the skewers on a hot barbecue for 2 mins on each side until well-seared and cooked through. Or, do this in a cast-iron pan over a high heat. Serve immediately with the peanut sauce (below) alongside.

GOOD TO KNOW low fat
PER SERVING (12) 85 kcals • fat 2g • saturates none • carbs 8g • sugars 7g • fibre 1g • protein 9g • salt 1.77g

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Peanut sauce

MAKES 1 jar **PREP** 15 mins plus soaking **COOK** 25 mins **EASY** **V**

150g dry roasted peanuts
50ml vegetable oil
1 tbsp tamarind concentrate or paste
3 tbsp gula melaka palm sugar, or use dark brown soft sugar
1 tsp ground coriander
1 tbsp kecap manis (sweet soy sauce)

For the spice paste

8 dried red chillies, soaked in warm water for 20 mins, then drained, deseeded and roughly chopped
3 garlic cloves, roughly chopped
4 shallots, peeled and roughly chopped
1 lemongrass stalk, trimmed and roughly chopped
1.5cm piece of galangal, peeled and roughly chopped

1 Blitz the peanuts in a food processor until finely chopped but retaining a bit of texture. Remove to a bowl and clean out the food processor.

2 Put all of the ingredients for the spice paste in the food processor and blitz until smooth. If needed, add a few tablespoons of water to help it blend together.

3 Heat the vegetable oil in a non-stick saucepan over a medium heat and fry the spice paste until fragrant. Add the ground peanuts, tamarind, sugar, 1 tsp salt, the ground coriander and kecap manis along with 200ml water. Stir to combine, then taste for seasoning. Cook over a medium-low heat for 15 mins, stirring continuously until the oil has separated from the sauce. Remove from the heat and leave to cool completely, then decant into a sterilised jar or airtight container. *Will keep chilled for up to two weeks.*

GOOD TO KNOW vegan
PER SERVING (12) 160 kcals • fat 11g • saturates 2g • carbs 9g • sugars 6g • fibre 3g • protein 5g • salt 0.35g

Julie Lin is a Malaysian-Scottish chef and broadcaster. She appeared on *MasterChef* in 2014 and has since opened two restaurants. Her latest is Ga Ga, a Malaysian restaurant in Glasgow. @julielincooks

BBQ gochujang lamb cutlets with toasted green bean & sesame salad

A cutlet still has the meat and fat, so for best results, the fat needs to be rendered. These can be done on a barbecue or inside on a grill plate. **John Torode**

SERVES 4-6 **PREP** 20 mins plus 1 hr marinating and resting
COOK 20 mins **MORE EFFORT**

12 lamb cutlets
For the glaze
150ml rice syrup
100g gochujang
2 garlic cloves, crushed
100ml apple cider or rice vinegar
40g gochugaru (Korean chilli flakes)
For the bean salad
600g green beans, trimmed
2 tbsp olive oil
1 large red chilli, thinly sliced into rings on the diagonal
20g sesame seeds, toasted
1 banana shallot, thinly sliced into rings
2 tbsp crispy fried onions
1 lime, juiced
handful of mint leaves, roughly chopped

1 Combine the glaze ingredients in a pan and simmer over a medium heat for 5 mins. Set aside to cool.

2 Slash the fat along the back of the lamb cutlets in five places using a sharp knife or pair of kitchen scissors. Coat the cutlets in some of the cooled glaze (reserving the rest), then put on a plate and leave to marinate in the fridge for 1 hr. Meanwhile, heat the barbecue to low. After 1 hr, put the cutlets in a warm (not too hot) spot on the barbecue, fat-side down. These need to cook slowly over a gentle heat so they don't burn and so the fat can render.

3 Once the fat has rendered slightly, brush the cutlets with more glaze. Turn up the heat of the barbecue or move the cutlets to a hotter part, laying them directly over the heat. Cook for about 1 min on each side until browned. Continue to cook, brushing the cutlets with more glaze, for 2 mins on each side, shuffling them around as you go so they don't catch. When ready, the cutlets should be pink and the glaze sticky. Leave to rest.

4 For the bean salad, mix the green beans with the olive oil, and season well. If the grill of your barbecue has large gaps, put a sheet of foil on top before tipping in the beans (otherwise, they can be cooked directly on the grill). Cook for 2-3 mins until lightly coloured, then remove to a bowl. Add the remaining ingredients, except the lime juice and mint, stirring until cooled slightly, then add the lime juice and mint, and season to taste. Serve the lamb cutlets with the bean salad on the side.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING (6) 620 kcals • fat 36g • saturates 15g • carbs 41g • sugars 24g • fibre 7g • protein 29g • salt 0.93g

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tip

The glaze can be made in advance and chilled. It will keep for up to a week.

John Torode is a TV chef, food writer and presenter, and co-host and judge of BBC One's *MasterChef* and *Celebrity MasterChef*. In 2022, he was awarded an MBE for outstanding services to food, broadcasting and charity. *@johntorodecooks*

Sticky tamarind pork ribs

There's flavour bouncing off the walls in this barbecue recipe – these sweet and sour pork ribs have sharp notes of tamarind, and are drizzled in a vibrant and punchy coriander chutney. **Brin Pirathapan**

SERVES 4-6 **PREP** 30 mins plus resting **COOK** 3 hrs 30 mins
MORE EFFORT

- 2 tsp garlic granules
- 2 tsp onion granules
- 1 tbsp paprika
- 1 tsp ground turmeric
- 2 tsp ground fennel
- 1 tsp caster sugar
- 2 pork rib racks (about 500g each)
- 3 tbsp yellow American-style mustard
- 3 tbsp tamarind paste
- 3 tbsp light brown soft sugar
- 4 tbsp soy sauce
- 2 tbsp tomato ketchup
- 1 tbsp sriracha
- 75g salted butter

For the mint & coriander chutney

- 30g coriander, finely chopped
- 10 mint leaves
- 2 garlic cloves, crushed
- 2cm piece of ginger, peeled and grated
- 2 tbsp Greek-style yogurt
- 2 tbsp olive oil
- 1 lime, zested and juiced
- 1 green chilli (optional)

1 Combine the spices and caster sugar with 1 tsp fine sea salt. Heat the oven to 160C/140C fan/gas 3. Turn the ribs over so the bones are facing up, then pick up the middle so the rack is slightly bent. Peel off the sinew or membrane from the bottom, and pull to remove it fully. (This prevents the ribs from tightening up during cooking and becoming tough.)

2 Spread the mustard all over the ribs (this will act as a binder). Sprinkle the spice rub all over, then gently pat it in – don't rub, or you'll spread the mustard around and end up with clumps of spices instead of an even coating. Pour 100ml water into a large roasting tin and arrange the ribs on top. Cover with foil and cook for 2-3 hrs until tender.

3 Tip the tamarind, brown sugar, soy sauce, ketchup, sriracha and butter into a saucepan and bring to a simmer over a medium heat – it should become sticky. Stir well, then set aside.

4 For the chutney, put the coriander, mint, garlic, ginger, yogurt, olive oil, lime zest and juice, the chilli (if using) and $^{1}/_{2}$ tsp salt in a blender. Blitz until smooth and runny.

5 Heat the barbecue to high or until the coals are white-hot and the flames have subsided. Lay a sheet of foil over the grill and brush some of the tamarind glaze over the ribs. Put these on the foil and cook, brushing with the remaining glaze frequently, until sticky and caramelised. Remove and leave to rest for a few minutes. To serve, cut the ribs into pieces and drizzle over the green chutney.

PER SERVING (6) 484 kcals • fat 32g • saturates 14g • carbs 21g • sugars 19g • fibre 2g • protein 27g • salt 3.9g

Brin Pirathapan is best known as *MasterChef* champion 2024. Formerly a veterinary surgeon, Brin is now a food content creator and private dining chef, with many exciting supper clubs and events in the pipeline. *@brin.pirathapan*

Curried mango-glazed chicken burgers

For a guaranteed hit at your next barbecue, try these sticky, sweet, spicy burgers. Elevate them with thinly sliced fresh, juicy mango, or simply serve with a crunchy slaw.

Georgia Hughes

SERVES 4 **PREP** 25 mins plus 1 hr marinating **COOK** 15 mins **EASY**

- 3 tbsp mango chutney, plus extra to serve
- 1 tsp paprika
- 3 tsp curry powder
- 2 tbsp vegetable oil
- 4 large chicken thighs
- 4 tbsp mayonnaise
- 1 lime, juiced
- ½ red cabbage, finely sliced
- 3 carrots (about 150g), grated
- 4 brioche buns, halved
- small handful of coriander, finely chopped
- crispy fried onions, to serve (optional)

1 Combine the mango chutney, paprika, 2 tsp of the curry powder and the oil, and season well. Evenly coat the chicken thighs in the mixture and leave to marinate in the fridge for 1 hr, or up to 4 hrs.

2 Light the barbecue. Cook the chicken thighs in a cool spot on the barbecue for 8-10 mins, shuffling around frequently to keep them from burning, until charred and cooked through. Alternatively, cook in an air fryer at 200C or oven at 200C/180C fan/gas 4 for 15-20 mins until cooked through.

3 Meanwhile, mix the mayo with a splash of the lime juice and the remaining curry powder. Set aside. Toss the cabbage and carrots with the remaining lime juice, then season to taste.

4 Lightly toast the burger buns on the barbecue, cut-side down, until golden. Spread the curry mayo on the bases of the buns. Top with the cooked chicken, a generous spoonful of the slaw and some coriander. Spread extra mango chutney over the bun tops and coat in a layer of crispy fried onions, if using. Sandwich the two halves together to finish the burgers and serve with any remaining slaw.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 649 kcals • fat 35g • saturates 8g • carbs 48g • sugars 19g • fibre 6g • protein 32g • salt 1.3g

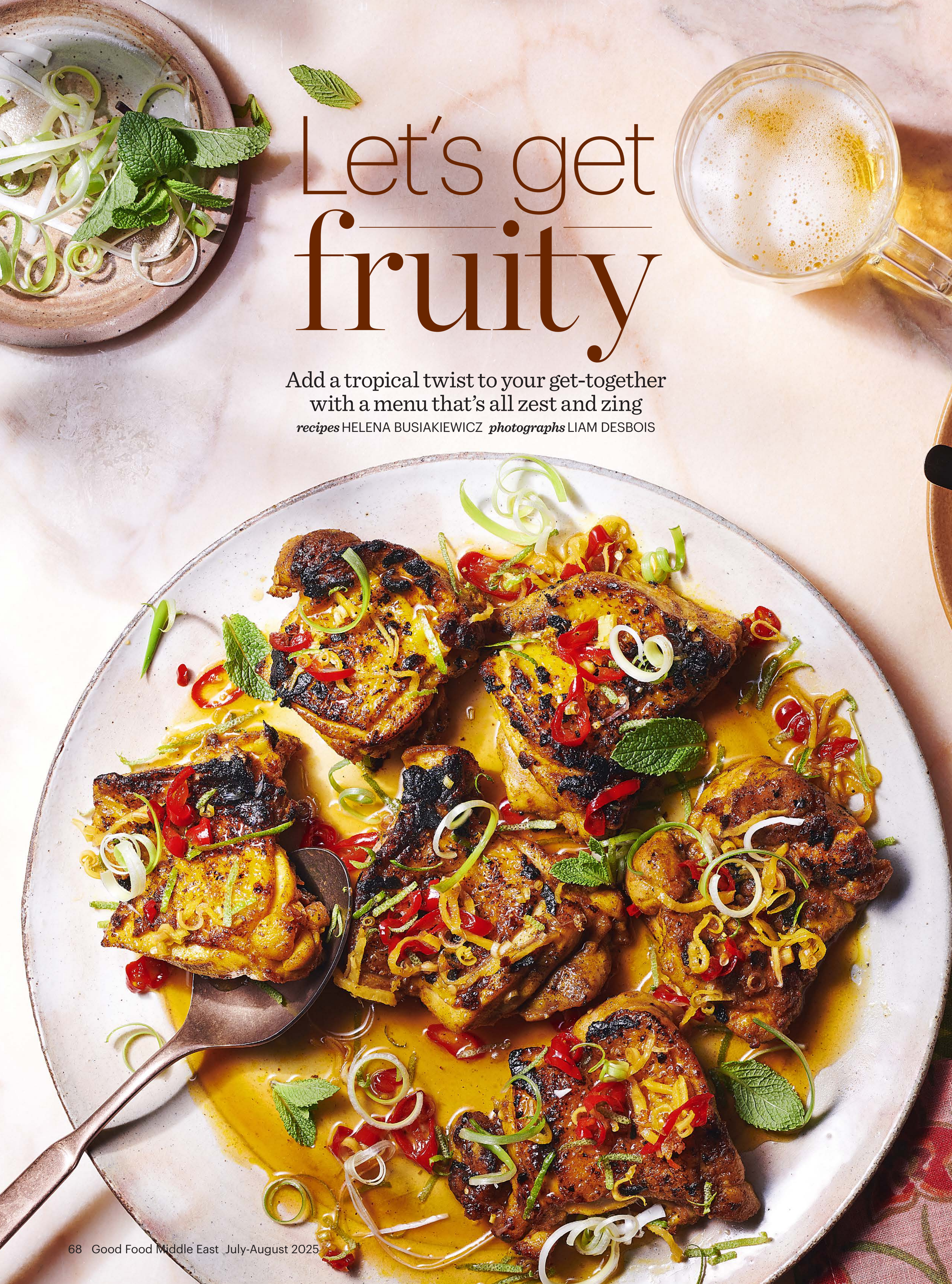
Georgia is a freelance recipe developer and winner of the Good Food Rising Stars competition 2024. Over the past two years, she's collaborated with a range of brands, bringing her recipes to wider audiences. Beyond these partnerships, she shares her recipes and tips on Instagram. *@bigdishenergyy*

Shoot director RACHEL BAYLY | Food stylist AMY KINNEAR | Stylist HMAX ROBINSON

Let's get fruity

Add a tropical twist to your get-together with a menu that's all zest and zing

recipes HELENA BUSIAKIEWICZ ***photographs*** LIAM DESBOIS



Charred chicken thighs with fish sauce, lime & chilli caramel dressing

The caramel dressing makes for a sweet, funky and salty combo.

SERVES 4 **PREP** 20 mins plus 1 hr marinating **COOK** 40 mins **EASY**

6 chicken thighs, skin-on, bones removed
2 tbsp vegetable oil
1 tsp turmeric
1 tsp kashmiri chilli powder
2 garlic cloves, grated
5 tbsp fish sauce
5 tbsp golden caster sugar
2 red chillies, sliced on an angle
1 lemongrass, outer woody layer removed, then finely sliced
25g ginger, chopped into matchsticks
3 limes, zested and juiced
2 spring onions, sliced into thin strips and left in ice water
10g mint leaves, picked, and cooked jasmine rice, to serve

1 Put the chicken thighs in a large bowl. Pour in the oil, then scatter over the turmeric, chilli powder, garlic and 2 tbsp fish sauce. Season, then mix well with your hands. Marinate in the fridge for 1 hr.

2 Heat the oven to 200C/180C fan/gas 6. Put a large frying pan on a high heat. Once the pan is very hot, lower the chicken in, skin-side down. Cook for 6-7 mins until golden and starting to char. Flip and cook on the other side for a few minutes, then transfer to a tray and put in the oven for 15 mins.

3 Meanwhile, put the caster sugar in a medium saucepan on a low heat, gently swirling the pan to melt around the edges. Once it's a deep amber colour, toss in the chillies, lemongrass and ginger, stirring well, then take off the heat and pour in the lime juice and remaining 3 tbsp fish sauce. Return to the heat to melt any hardened sugar.

4 Once the chicken is cooked, pour any cooking juices into the dressing. Arrange the chicken on a platter, spoon over the dressing and scatter over the spring onions, lime zest and mint leaves and serve with rice.

GOOD TO KNOW vit c • gluten free
PER SERVING 401 kcals • fat 20g • saturates 4g • carbs 29g • sugars 27g • fibre 1g • protein 26g • salt 3.95g

Mooli & carrot salad with zesty cashew dressing

This recipe is inspired by a Puerto Rican salad made with chayote (a sweet green squash) but with carrots and mooli in its place to deliver that freshness and crunch.

SERVES 4 as a side **PREP** 10 mins
COOK 5 mins **EASY** **V**

- 1 large mooli (around 350g), cut into chunky batons
- 2 large carrots, cut into chunky batons
- 125g cashews
- 2 garlic cloves, peeled and roughly chopped
- 1 lemongrass, outer woody layer removed, then finely sliced
- 2 tbsp olive oil
- 3 limes, zested and juiced (roughly 60ml juice)
- 1 red chilli, finely chopped
- 10g coriander leaves, picked, to garnish

1 Put the mooli and carrots in a large bowl and set aside. Put a small frying pan on a medium heat and toast the cashews for 2-3 mins, stirring constantly, until lightly toasted, then tip into the bowl of a food processor.

2 Add the garlic and lemongrass to the food processor with a big pinch of salt, and blitz to a fine crumb. Drizzle in the olive oil and lime juice along with 4-5 tbsp water and continue blitzing until you have a semi-smooth paste with a consistency slightly thinner than hummus.

3 Pour the dressing over the mooli and carrots, then scatter over the chilli and mix well. Serve on a a platter and scatter over the lime zest and coriander leaves.

GOOD TO KNOW vegan • healthy • vit c • 2 of 5-a-day • gluten free

PER SERVING 284 kcals • fat 21g • saturates 4g • carbs 13g • sugars 9g • fibre 5g • protein 8g • salt 0.36g

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist MAX ROBINSON

Griddled pineapple with toasted honey & ginger cream

For an indoor BBQ, you can cook the pineapple on a grill pan to get that smoky, caramelised flavour.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V**

- 1 large pineapple, peeled and cut into wedges
- 50g demerara sugar
- large handful of mint (around 50 leaves), roughly chopped, plus extra leaves to garnish
- 3 tbsp honey
- 20g ginger, finely grated
- 125g double cream

1 Heat a griddle pan on a medium heat and add the pineapple wedges, turning regularly, until juicy with char lines, around 5-6 mins on each side. Or do this on the barbecue.

2 While the pineapple cooks, put the sugar and chopped mint in a bowl and lightly bash using the end of a rolling pin until combined. Tip onto a plate.

3 Pour the honey into a small saucepan and put on a medium heat. Allow to melt gently, then stir in the ginger. Stirring all the while, cook for another 2-3 mins until darkened slightly, then pour into a large heatproof bowl and allow to cool for a few minutes.

4 Pour the cream onto the cooled honey and whip to soft peaks. Keep chilled until you're ready to serve.

5 Once the pineapple is cooked, use tongs to dunk it straight into the sugar and mint. Transfer to serving plates or a platter and top with the cream. Garnish with the extra mint leaves.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 363 kcals • fat 17g • saturates 10g • carbs 48g • sugars 48g • fibre 4g • protein 2g • salt 0.04g

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At its best

Be inspired with recipes from **Cassie Best** using seasonal tomatoes, runner beans and cherries

photographs LIAM DESBOIS

PLANET FRIENDLIER

Tomatoes

Nothing beats the sweet, sun-ripened flavour of seasonal tomatoes. Whether they're roasted, raw or simmered into sauces, they can add vibrancy and depth to so many dishes. At their peak, tomatoes need little fuss – just let their natural qualities shine.

Tomato, burrata & prosciutto loaded focaccia

With a leafy salad on the side, this makes a satisfying lunch. You can use fresh, shop-bought pesto if you don't have time to make your own.

SERVES 8 **PREP** 25 mins plus overnight chilling, 1 hr 30 mins rising, and cooling **COOK** 50 mins
MORE EFFORT

- 400g strong white bread flour
- 5g sachet dried fast-action yeast
- 50ml olive oil, plus extra for the baking tray and for drizzling
- 1 tbsp semolina or polenta
- 600g mixed tomatoes, a variety of colours and sizes works well, larger ones halved or quartered
- 4 whole garlic cloves, unpeeled
- 2 x 250g balls burrata
- 6 slices prosciutto

For the pesto

- small bunch of basil, plus a few leaves to serve
- 25g toasted pine nuts
- 25g parmesan
- 1 lemon, zested, plus a squeeze of juice
- 1 garlic clove
- 75ml extra virgin olive oil, plus extra for drizzling

1 Make the dough the day before you want to bake the focaccia. Mix the flour, yeast, 1 tsp salt and 275ml warm water in a large bowl, or the bowl of a stand mixer with a dough hook attached. The dough should be quite wet and sticky. Work it for a few minutes, stretching and folding it in the bowl by hand, or letting the dough hook do the work. With wet hands, tuck the dough into a rough ball, then cover the bowl, put in the fridge and leave overnight.

2 To make the pesto, blitz all the ingredients together with a good pinch of salt and twist of black pepper. Transfer to a bowl and chill until needed. *Will keep chilled for up to a week or frozen for two months.*

3 Remove the dough from the fridge and leave at room temperature for 1-2 hrs, until it has doubled in size and the outside of the bowl has lost its chill. Heat the oven to 220C/200C fan/gas 7.

4 Oil a 22cm x 32cm baking tray and dust with semolina. Gently tip the dough out of the bowl onto the tray and, working with oiled hands, stretch it to fit the tray. Leave in a warm place to prove for 30 mins.

5 Meanwhile, put the tomatoes and garlic cloves in a roasting tin. Season well and drizzle with a little oil. Roast for 20 mins, then cool for 10 mins.

6 Spoon the warm tomatoes over the focaccia dough, drizzling with any of the oily juices in the bowl. Pop the garlic cloves out of their skins and squeeze them between your fingers into smaller pieces, dot the soft garlic over the tomatoes. Scatter with flaky salt and bake in the top of the hot oven for 30 mins.

7 When the focaccia is cooked, leave to cool for at least 15-45 mins (or cool and reheat to warm before serving). Cut the focaccia into 8 chunky rectangles then tear each burrata into quarters and place a piece on each chunk. Arrange ribbons of prosciutto on top, then spoon over the fresh pesto, scatter with basil leaves and drizzle with a little extra virgin olive oil.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 549 kcals • fat 34g • saturates 11g • carbs 43g • sugars 4g • fibre 3g • protein 16g • salt 1.4g

Runner beans

Crisp, fresh, and full of flavour, runner beans are a summer staple worth celebrating. Lightly blanched, they bring bright texture and earthy sweetness to salads, sides and mains. Young beans are tender and can be eaten as they come – older beans will need their stringy seams removed first.

Giant couscous, runner bean, orange & feta salad

This colourful salad can be enjoyed on its own or served alongside grilled lamb, chicken or fish. Cook the beans for 30 seconds only and make sure you don't skip the cold plunge; this helps them retain their sweetness and verdancy.

SERVES 6-8 **PREP** 20 mins
COOK 10 mins **EASY** V

200g giant couscous
200g young runner beans, top and tailed and thinly sliced on an angle
150g French beans, cut into thirds
2 oranges
1 red onion, finely chopped
small bunch of mint, chopped
small bunch of dill, chopped
200g block feta, crumbled
75g pistachios, roughly chopped
100g pomegranate seeds

For the dressing

2 tsp Dijon mustard
1 tbsp honey
2 tbsp red wine vinegar
1 lemon, zested and juiced
4 tbsp extra virgin olive oil

1 Tip the couscous into a pan set over a medium heat and toast for a few minutes, shaking often, until the couscous turns a darker shade. Fill the pan with boiling water and cook following pack instructions.

2 Meanwhile, bring another pan of water to the boil and have a bowl nearby filled with iced water. Drop the runner beans and French beans into the pan and boil for 30 seconds. Scoop them out of the hot water using a slotted spoon, then plunge into the iced water.

3 Whisk together all the dressing ingredients in a large bowl with some salt and pepper. Drain the couscous and tip it into the dressing while it's still warm.

4 Cut the skin and pith away from the oranges and segment them with a small serated knife (alternatively, you can slice into rounds). Set the orange pieces to one side and squeeze the juice from the pith over the couscous.

5 Add the blanched beans, chopped red onion, herbs, feta, pistachios and half the pomegranate seeds to the couscous. Gently toss everything through the dressing, then tip onto a platter or large serving bowl and scatter with the remaining pomegranate seeds and the orange pieces. *Will keep chilled for up to two days.*

GOOD TO KNOW vit c • 2 of 5-a-day
PER SERVING (8) 300 kcals • fat 16g • saturates 5g • carbs 26g • sugars 9g • fibre 4g • protein 10g • salt 0.78g

Shoot director LAURIE NEWMAN | Food stylis ROSIE REYNOLDS | Stylist MAX ROBINSON

Cherries

A taste of high summer, cherries are sweet and juicy, but they have a very short season so make the most of it. You can use them in savoury dishes as well as sweet but we've baked them in a classic dessert with a tangy edge.

Cherry & soured cream slab pie

SERVES 8 **PREP** 35 mins plus chilling and cooling **COOK** 55 mins
MORE EFFORT **V**

1 egg, beaten, for glazing
icing sugar, for dusting
clotted cream, to serve

For the filling

900g fresh or frozen pitted cherries (about 1.2kg unpitted)
150g cherry jam
½ lemon, juiced
1 tsp vanilla extract
75g caster sugar
2½ tbsp cornflour

For the pastry

450g plain flour, plus extra for dusting
1 tbsp cornflour
2 tbsp caster sugar
200g cold butter, cut into cubes
150g soured cream

1 First, make the pastry. Tip all the ingredients and 1/4 tsp salt into a food processor. Pulse until the dough starts to clump together. Tip onto a work surface and knead briefly until you have a smooth dough. Divide into two pieces, one a little bigger than the other, and shape into pucks. Wrap and chill for 30 mins. *Will keep chilled for up to two days.*

2 For the filling, toss the cherries with the jam, lemon juice, vanilla, sugar and cornflour until no floury streaks remain.

3 If you've kept the pastry chilled for more than 30 mins, remove from the fridge 20 mins before rolling and heat the oven to 200C/180C fan/gas 6.

4 Dust your work surface with a little flour, then carefully roll out the larger piece of pastry until big enough to line the base and sides of a 29cm x 22cm roasting tin with a lip of about 3cm. The pastry will be delicate. If any cracks appear when rolling, squash them back together and keep going. Lift the pastry over the rolling pin and into the tray – don't worry if it breaks, just patch it up by pushing it into the corners and up the sides and closing any holes. There should be a little overhang around the edges. Spread the cherry filling on top in an even layer. Brush a little egg around the inside edge of the pastry.

5 Roll out the remaining pastry so it's large enough to cover the pie. To make a lattice topping, cut the pastry into strips. Arrange half the strips in one direction over the pie, leaving a few centimetres gap between each. Weave the remaining strips under and over these in the opposite direction, creating a lattice pattern. Squash the pastry together around the edge, then trim the excess with a sharp knife. Crimp the edge and brush with egg wash.

6 Bake for 50-55 mins, checking the pie after 40 mins. The edges may brown more quickly than the centre; if this happens, wrap a little kitchen foil around the edges to protect it.

7 Remove from the oven and leave to cool for at least 30 mins. If you cut it too soon, the fruit juice will be very runny and spill out of the pie. Dust with the icing sugar and serve just warm with clotted cream.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 629 kcals • fat 26g • saturates 16g • carbs 89g • sugars 40g • fibre 4g • protein 8g • salt 0.68g

Next level

WEDGE SALAD

Make lettuce the star of the show in this crunchy salad, with a creamy dressing and crispy streaky bacon

recipe BARNEY DESMAZERY *photograph* ELLA MILLER

Next level wedge salad

Create a salad that's full of contrasting textures by roasting the tomatoes and garlic, sandwiching the streaky bacon between trays for even crispiness, and cutting the iceberg into quarters to hold their shape. The homemade ranch brings the whole thing together – it's sharp from the buttermilk and lifted by a squeeze of lemon and fresh chives. You can choose tangy blue cheese or mellower goat's cheese depending on your taste.

SERVES 4 **PREP** 15 mins
COOK 20 mins **EASY**

- 8 rashers streaky bacon
- 200g cherry tomatoes
- 1 tbsp extra virgin olive oil
- 1 iceberg lettuce
- 100g crumbly blue or goat's cheese
- 1 gherkin, finely diced
- crispy onions

For the dressing

- 1 garlic clove
- 100g mayonnaise
- 50g crème fraîche
- 50ml buttermilk
- ½ bunch chives, finely sliced, plus extra to serve
- 1 tbsp Dijon mustard
- ¼ lemon, juiced

1 Heat the oven to 200C/180C fan/gas 6. Line a shallow baking tray with baking parchment. Arrange the bacon rashers on the tray, cover with another sheet of parchment and weigh down with a second baking tray. In a small roasting tray, toss the tomatoes and garlic clove from the dressing, along with the olive oil, and season well. Roast both for 15-20 mins until the bacon is crisp, the tomatoes are soft and jammy, and the garlic clove is squeezable. Leave to cool slightly, then break the bacon into shards. Set the garlic clove aside.

2 To make the dressing, squeeze the roasted garlic into a bowl, then whisk together the mayonnaise, crème fraîche, buttermilk, chives, mustard, garlic and lemon juice until smooth. Season generously with salt and pepper. It's even better if it's had time to chill – it can be made up to a few hours ahead and assembled when needed.

3 Discard any tired outer leaves from the lettuce, then cut it into quarters through the core, leaving a stem attached to each wedge to keep them intact. To assemble, sit the lettuce wedges upright on plates or line up on a platter. Spoon over the ranch dressing, then pile on the roasted tomatoes, crumbled bacon, your choice of cheese, the chopped gherkin and chives. Finish with the crispy onions and some black pepper, if you like.

GOOD TO KNOW folate • vit c • 2 of 5-a-day
PER SERVING 536 kcals • fat 47g • saturates 15g • carbs 8g • sugars 7g • fibre 3g • protein 18g • salt 3.1g

Our top tips

CRISPIER BACON

Instead of just frying bacon until chewy, sandwiching it between two trays gives you evenly golden, shatteringly crisp rashers. No curled edges, no burnt bits – just perfect salty shards to scatter over your salad.

DIY WINS

Shop-bought bottled ranch just doesn't compare. Making it yourself with fresh chives, buttermilk and Dijon gives you a creamy dressing that's tangy, herby and much more luxurious. It's the secret to making this salad stand out.

Shoot director JORDAN EDMONDS-MOORE | Food stylist TROY WILLIS | Stylist FAYE WEARS

TEXTURE MATTERS

Slow-roasting the tomatoes concentrates their sweetness and gives them a jammy texture. They burst with flavour, adding a soft, juicy contrast to the crisp lettuce and crunchy bacon.

A SMARTER WAY TO WEDGE

Cutting the lettuce into quarters but keeping the core intact means each wedge stands proudly on the plate, holding all the toppings without falling apart. It looks impressive and it's much easier to eat than messy layers of loose leaves.

CHEESE, PLEASE

Soft goat's cheese melts gently into the dressing for a rich, tangy hit, while crumbly blue cheese brings a bold, savoury punch. You can pick whichever suits your taste – either way, the salad gets an extra layer of indulgence.

SUBTLE HERB ADDITION

Instead of overloading with mixed herbs, just using chives keeps the dressing clean and fresh. Their gentle flavour lifts the whole dish without overpowering the creamy base.

PICKLES FOR PUNCH

Finely diced dill pickles add tiny bursts of acidity that wake up the whole dish. They give the salad bite and sharpness, balancing the creamy dressing so every mouthful is punchy rather than cloying.

LEARN SOMETHING *new*

Up your game with advice from
open-fire chef **Nathan Davies**

How to cook over fire

Open-fire cooking is one of the hardest but most rewarding ways to cook. The real craft is learning to manage your heat and starting by getting a good bed of embers. I always say, the bigger the barbecue – within reason – the better. It gives you more control and more heat zones to work with. You can have a rolling fire on one side, feeding the heat and giving off that lovely smoke, while raking out a flat bed of hot embers for direct cooking. That gives you the option to cook hard and fast or slow and gentle.

You've got to feel it.
It's not about setting a dial or following a timer. You're listening to it crackle, watching the colour of the coals, smelling when things start to caramelise. Smoke's like a seasoning – you can't weigh it out or sprinkle it on, but it transforms the food. You get those blistered edges that would be too much in a pan, but over fire, they're gold.

Keep practicing.
You've got to use it all year round. Light it often, play with different woods, and learn how it behaves. The more you practice, the more instinctive it becomes. Once you're in the zone, it becomes really intuitive. It's primal, it's physical – you feel it, you hear it, you smell it.

CHARCOAL or WOOD?

I use about 70% charcoal and 30% wood – charcoal for consistency and ease, wood for flavour. If you're new to barbecue cooking, charcoal's your best mate. It lights easily, burns predictably, and feels a bit like turning on the oven. But you've got to buy well. My three tips? First, avoid anything sprayed with chemicals or labelled "easy light"– just get natural lumpwood charcoal. Secondly, check where it's from – buy as locally as possible to reduce the carbon footprint. Garden centres are great for this. And thirdly, find out what it's made from. Hardwoods from coppiced woodland are ideal – sustainable, reliable and full of character.

Learn to cook like a professional with top tips from **Omaka Marie Orubu**

Micro skills

Bulk buying and preparing the base of meals saves a ton of cooking time during the week. Dedicate a few solid hours on Saturday or Sunday to large-volume cooking and you'll be able to make an endless variation of tasty meals during the week for the entire family. Marinate and roast chicken, fish or beef, cook grains in bulk, portion and refrigerate. Make a big pot of tomato sauce and freeze. With this, you'll be able to make pasta, salads, tacos, grain bowls, and noodles in less than 30 minutes during the week.

Secret ingredient

SUN-DRIED CRAYFISH (SHRIMP) POWDER

A West African and Asian cooking staple, it adds a bold umami flavour to broths, soups stews, and rice dishes.

THE ONE

We asked Omaka, 'What's the one...'

What dish do you cook at home the most?
Rice, in all variations. I could never get tired of it.

Dish that changed your life?
Fried rice in Guangzhou, China, many years ago, even before I decided to become a chef. It was my first trip outside of Nigeria and the first time I realised that food could be more than just mere sustenance. It was so simple but complex in flavour and it blew my mind. I became obsessed with trying to taste everything from that trip onwards.

Sustainable local ingredient we should use more?
Eggplants – they grow so well and are very versatile. From stir-fries and curries to sauces and dips.

Kitchen gadget you can't live without?
Currently at home, I'm obsessed with my smart pot. I love stews and braised dishes, so I just add all the ingredients, set the timer and I'm happy to come back to a warm meal that needs minimal babysitting.

Biggest mistake home cooks make?
Not salting dishes enough and in stages throughout cooking. It makes a big difference.

Dessert you can't not order?
I'm not really a fan of eating desserts, but I do love a soft-serve vanilla ice cream on a hot day.

Storecupboard ingredient you won't compromise on?
Red unrefined palm oil from West Africa. It's quite unique in taste and essential to the cuisine. Also, good-quality olive oil and honey.

Head chef Omaka Marie Orubu leads Taparelle, a vibrant French Italian restaurant nestled within Manarat Al Saadiyat. After beginning her career in law, Omaka pursued her passion for food through formal training at César Ritz Colleges and Institut Paul Bocuse.

Photographs ISTOCK / GETTY IMAGES PLUS, KIRILL RUDENKO / MOMENT, 10,000HOURS / DIGITALVISION / GETTY/SHUTTERSTOCK

NUTS
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How the experts save money & reduce waste

p89

also in this section

monday mash-up: the one mac & cheese you can't get enough of

p86

monday mash-up

the one mac & cheese you can't get enough of

We've combined three classic dishes to make the ultimate version of this timeless pasta bake – everyone will love it

recipe BARNEY DESMAZERY *photograph* SAM FOLAN

Carbonara cacio e pepe mac & cheese

To make this vegetarian, simply leave out the pancetta and use vegetarian cheeses.

SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY** ❄ P

- 50g butter, plus extra for the dish
- 150g smoked diced pancetta
- 1 tsp cracked black pepper
- 50g plain flour
- 700ml whole milk
- 350g macaroni
- 150g extra mature cheddar, grated
- 50g parmesan, finely grated
- 50g grated mozzarella
- 50g panko breadcrumbs

1 Melt the butter in a saucepan over a medium heat until sizzling, then fry the pancetta for 5-6 mins until crisp and golden. Turn the heat down to low, add the black pepper and cook for 2 mins until well toasted. Stir in the flour and cook for 1 min more, then gradually whisk in the milk until smooth. Simmer for 3-4 mins, stirring, until thickened.

2 Meanwhile, cook the macaroni following pack instructions until al dente, then drain. Take the sauce off the heat and stir through the cheddar and half the parmesan until melted and smooth. Taste and season if needed, then mix in the pasta. At the last minute, stir through the mozzarella.

3 Heat the oven to 200C/180C fan/gas 6 and butter a 25 x 18cm ovenproof dish. Spoon in the pasta and smooth the top. Scatter over the panko crumbs and remaining parmesan and bake for 25-30 mins until golden and bubbling.

GOOD TO KNOW calcium
PER SERVING 980 kcals • fat 49g • saturates 27g • carbs 89g • sugars 10g • fibre 5g • protein 42g • salt 2.72g

Shoot director LAURIE NEWMAN | Food stylist TROY WILLIS | Stylist FAYE WEARS

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COOK SMART

How the experts *save money & reduce waste*

Friends of Good Food share their best advice for making the most of everything you buy

Cassie Best
Barney Desmazery
Becky Excell
John Torode
Lisa Faulkner
Jeremy Pang
Si King
Nadiya Hussain
Claire Thomson
Matt Tebbutt

MEET OUR PANEL

Cassie Best
Our head of food creates hundreds of family-friendly recipes. *@cassiecooks*

Barney Desmazery
Our skills and shows editor and longest-standing member of the team. *@barney_desmazery*

Becky Excell
Author of best-selling gluten-free cookery books. *@beckyexcell*

Lisa Faulkner
Actress, presenter and cookbook author. *@lisafaulknercooks*

Nadiya Hussain
Bake Off winner, author and TV personality. *@nadiyajhussain*

Si King
Best known as a Hairy Biker and TV presenter. *@sikingofficial*

Jeremy Pang
Chef and author specialising in Pan-Asian cuisine. *@jeremypang_official*

Matt Tebbutt
Chef and presenter of *Saturday Kitchen*. *@matt.tebbutt*

Claire Thomson
Food writer Claire has written 11 popular cookbooks. *@5oclockapron*

John Torode
Chef, author and *MasterChef* judge. *@johntorodecooks*

What's your most surprising money-saving tip?

MATT
"A simple pasta dish using chilli, garlic, parsley and shredded crab sticks. Strangely delicious."

CASSIE
"If your brown sugar has hardened to a solid lump, pop it in a jar or container with a slice of soft bread. It will soften up within a day."

JEREMY
"Stock up your pantry with dry goods like noodles and spices. Use 90% of your fresh food before restocking and stretch that final 10% into a meal."

SI
"Don't over-buy. Buy what you'll eat and don't go food shopping when you're hungry, as you buy more."

JOHN
"To reduce waste, pickle your vegetables. Chop up and freeze any fruit you have, too – it's perfect for making smoothies."

LISA
"Mine would be planning. It's not unusual or surprising, but if you meal-plan, you can save yourself lots of money."

CLAIRE
"Making your own granola, muesli or overnight oats from scratch is easy and cost-effective."

NADIYA
"Never get rid of wilted herbs, just put them on a microwaveable plate and heat them in 20-second bursts until they're dry. Crush and jar them as instant dry herbs."

BECKY
"When I make dinner, I purposefully make too much. It's batch-cooking without extra effort, and saves on energy and ready meals."

BARNEY
"All the bread we eat at home I bake myself. A large loaf, including fuel, costs me less than a pound to make."

Which ingredient is the biggest waste of money?

NADIYA

“I think any ingredient is a waste of money if you don’t use it properly or cook it before it spoils. But nothing is a waste of money if you use it and enjoy it.”

BECKY

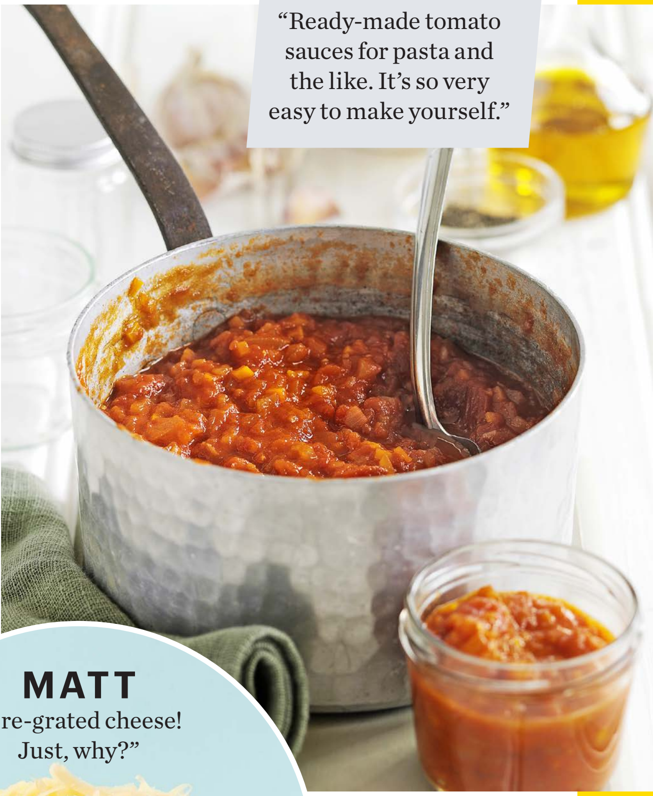
“Though I don’t want to demonise an ingredient or shame anyone for using it, it’s a fact that getting out of the habit of regularly using packet microwave rice will save you money.”

JEREMY

“Caviar. I just don’t get the price and how it gets around the lack of sustainability questions.”

SI

“Bottled lemon juice, garlic butter, gold leaf, pre-chopped veg and herbs, pre-made dips and salsa, pre-cut ham, and pre-made sandwich fillings.”



CLAIRE

“Ready-made tomato sauces for pasta and the like. It’s so very easy to make yourself.”

MATT

“Pre-grated cheese! Just, why?”

JOHN

“My biggest waste of money, I think, is balsamic vinegar. I just don’t like the stuff.”

LISA

“Mine is anything pre-cut, like mini chicken fillets – just get chicken breasts and cut them up.”

BARNEY

“I hate any kind of pre-prepared veg. You pay extra money for the preparation and it’s normally turned a bit brown and scabby.”

CASSIE

“Pesto – make your own with any wilting soft herbs, spinach, watercress or rocket lurking in the fridge. It costs less, tastes 100 times better and helps to reduce food waste.”

good FOOD
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health

How to get rid of belly fat

p105

also in this section

Health benefits:
Beat the bloat with
berries **p102**

A Guide to Sweeteners *in Your Pantry*

We all love a touch of sweetness, whether it's a golden drizzle over morning porridge or a rich, caramel note in a slow-baked pudding. However, with so many natural sweeteners available, it's helpful to know your muscovado from maple, and when to opt for coconut sugar over classic white. Here's our simple guide to natural sugars

Natural sugars can be part of a healthy diet when consumed in moderation and thoughtfully. "Choosing them for their flavour and pairing them with nutrient-dense foods is key," says Nadeen Taha, a registered clinical dietitian at The Valens Clinic Dubai. Sweeteners should be used mindfully, ideally paired with whole foods and within a diet high in fibre, unsaturated fats, and phytonutrients. This approach not only enhances flavour but also supports overall nutritional balance, making your kitchen creations both delicious and nourishing.

Cupboard Classics (Granulated & Raw Sugars)

These are the everyday sugars that most of us already have tucked away in the cupboard — the ones we reach for when baking a Victoria sponge, caramelising fruit, or stirring a spoonful into tea. While they're refined to varying degrees, each brings its character to your cooking

WHITE GRANULATED SUGAR

Clean and neutral, it dissolves easily and suits everything from tea to making jam, meringue or marmalade. Light, economical, and endlessly versatile.

GOLDEN CASTER SUGAR

Finer than granulated but with a warm, honeyed tone. Golden caster is beloved by bakers for its smooth texture and delicate flavour — think buttery sponges, shortbread, or caramel-laced meringue.

BROWN SUGAR (LIGHT OR DARK)

Soft, moist and packed with flavour, brown sugar brings richness and warmth to bakes. Use the light version for chewy cookies and muffins; the dark for deeper notes in gingerbread, sticky toffee or treacle tart.delicate flavour — buttery sponges, shortbread, or caramel-laced meringue.

GOLDEN GRANULATED SUGAR

A slightly less refined version of standard granulated, with a gentle golden hue and hint of molasses. It's a subtle swap that adds depth to everyday recipes, perfect for tea, porridge or flapjacks.

SOFT LIGHT BROWN SUGAR

Sweet and mellow, this sugar is perfect for adding subtle caramel notes to bakes. Its fine, moist texture makes it easy to blend into everything from cookies to crumble toppings.

SOFT DARK BROWN SUGAR

Deeper and more molasses-rich than its lighter sibling, soft dark brown sugar adds bold flavour and colour — great in rich cakes, fruit loaves, or homemade BBQ sauces.

JAGGERY

These unrefined sugars come in block or powder form and are staples in Indian, Caribbean and Latin American cooking. Earthy, slightly smoky, deeply flavoured, and rich in minerals such as iron and vitamins, jaggery is brilliant in chutneys, curries and rustic bakes.

MUSCOVADO SUGAR

Deep, dark and naturally moist, muscovado is unrefined and full of complex molasses flavour. It's bold and intense, pair it with ginger, dark chocolate or slow-cooked stews and sauces for a grown-up sweetness.

RAW SUGAR (TURBINADO, DEMERARA)

Golden, crunchy and slightly less refined, these sugars offer gentle molasses flavour and sparkle when sprinkled. Try them on biscuits, flapjacks or for finishing a brûlée just before torching.

Fruit-Based Options

DATE SYRUP

Thick and glossy, date syrup has a deep toffee-like richness. A staple in many Middle Eastern kitchens, it works wonders in tahini sauces, yoghurt toppings, and rich, fruity cakes.

DATE SUGAR

Made by drying and grinding whole dates, this sweetener keeps all the fibre and nutrients of the fruit. It's ideal in flapjacks, snack balls and banana bread.

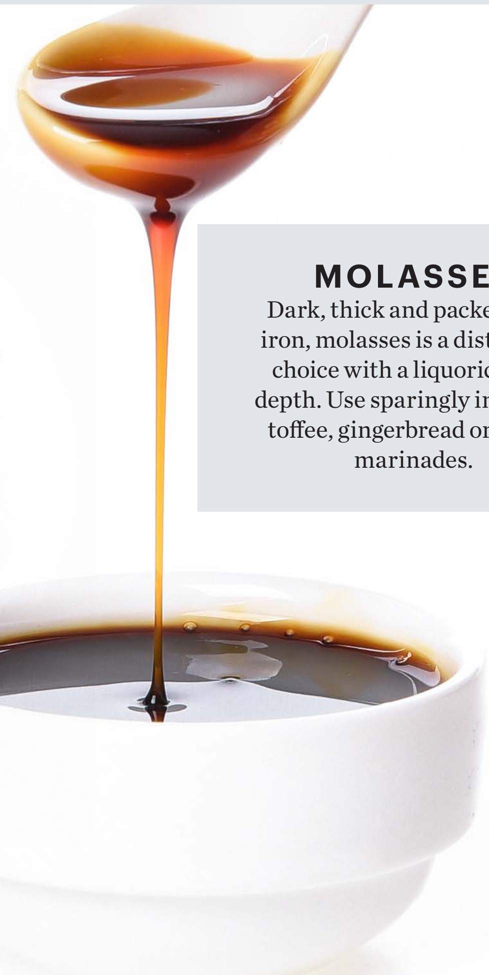
FRUIT JUICE CONCENTRATES

Reduced from apple, grape or pear juice, these natural concentrates are often found in 'no-added-sugar' recipes. Gentle in sweetness, they're useful in muffins, homemade sauces, or compotes.

Alternative Sugars

COCONUT SUGAR

Made from the sap of coconut blossoms, it's a favourite in clean-eating recipes. With a warm, caramelised flavour, it's especially nice in cookies or nutty traybakes.



MOLASSES

Dark, thick and packed with iron, molasses is a distinctive choice with a liquorice-like depth. Use sparingly in treacle toffee, gingerbread or sticky marinades.

Did you know?
Darker honeys contain more antioxidants, contributing to a potent set of therapeutic properties including support for immune function, antibacterial effects and prebiotic activity. The exact therapeutic impact can depend on factors such as dosage, honey origin, processing, and individual health conditions.

HONEY MATTERS

Honey is a complex natural substance which consists of at least 182 compounds, each exhibiting a diverse range of properties. "When its composition is altered by heating, additions of exogenous sweeteners such as glucose/high fructose corn syrups, honey is no longer a superfood but an inferior sweetener, which has lost its remarkable properties," says Alexandra Timotheadi, Founder and CEO of Anthology Honey.

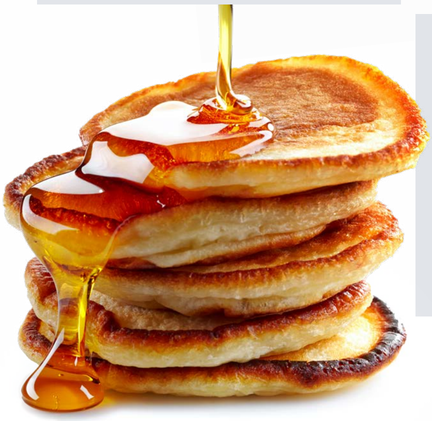
What should consumers look for on a honey label to ensure they're buying pure, high-quality honey?

Sadly, at larger honey companies, adulteration has been found to be more rampant along their supply chain. Buying directly from beekeepers or speciality retailers can often be a better option. Another important element is the origin of the honey. When the label indicates that the honey you are buying is not a product of a single country but a mix from several, it is not an indication of a higher quality of honey. We can become informed and conscious consumers by supporting honey companies or beekeepers with independent laboratory accreditations, and people who generally love and support sustainable beekeeping and bees. Thankfully, through the rise of e-commerce, we have access to a fascinating selection of honey varieties globally. I would also encourage anyone who loves honey, to buy from small producers when they are visiting countries with beekeeping traditions. Honey tasting is a great way to discover your favourite honey flavours and create your own curated selection according to your own palate. Some of my favourite ones include wild sage, leatherwood and Icarian heather.

Natural Syrups from the plant

HONEY

From drizzle to glaze, honey adds sweetness with a floral edge. It's especially good in dressings, roasted roots, or stirred into a warm tea.



MAPLE SYRUP

Harvested from maple trees, maple syrup ranges from light and delicate to dark and treacly. Use it in porridge, pancakes, or to balance savoury dishes like roast veg and bacon.

AGAVE NECTAR

Sweeter than sugar but with a mild, neutral taste. Favoured in vegan cooking and cocktails, it dissolves well in cold liquids and is great for iced drinks or no-bake treats.

The hidden risk

Honey, in general, should be consumed unheated because heating it can lead to the formation of HMF (hydromethylfurfural). "HMF is not considered harmful to humans at low levels; however, in higher concentrations, it may have adverse health effects," says Alexandra Timotheadi, Founder and CEO of Anthology Honey, who does not recommend it for baking and suggests adding it towards the end of a recipe.

We asked...

Nadeen Taha, registered clinical dietitian at The Valens Clinic Dubai

Do coconut sugar or agave offer any health advantages over regular white sugar?

Natural sugars are often promoted for being less processed and for containing small amounts of micronutrients. For example, coconut sugar contains minor levels of potassium, magnesium and iron. Maple syrup and honey may also have trace antioxidants and polyphenols. However, from a nutritional standpoint, the quantities of these beneficial compounds are negligible in the small servings typically consumed. You would need to consume these sweeteners in impractically large amounts to meet any significant portion of your daily nutrient needs, defeating the purpose of reducing sugar intake in the first place. Agave nectar has a lower glycaemic index (GI) due to its high fructose content, but this doesn't necessarily make it healthier. High-fructose sweeteners, especially when consumed regularly, have been linked to hepatic insulin resistance, increased visceral fat, and dyslipidemia. So, while natural sugars may be less processed and have a slightly lower GI, they are still added sugars and should be used in moderation.

Is it advisable to use a small amount of natural sugar or switch to a sugar substitute?

This depends on your health goals and metabolic context. If you're looking to reduce caloric intake or manage blood glucose levels, non-nutritive sweeteners (stevia, monk fruit or erythritol) may help. However, not everyone likes the taste or reacts well to sugar substitutes. For those who prefer a natural approach and are mindful of overall intake, using small amounts of natural sugar occasionally—such as honey in tea or maple syrup on oats—can be a satisfying and practical choice. However, overall intake should stay within World Health Organization (WHO) recommendations, no more than 10 per cent of total daily energy from free sugars, ideally under 5 per cent. Whichever you choose, moderation is crucial. Total sugar intake, whether natural or refined, is more important than the source.

Is there evidence that switching to natural sugars reduces the risk of insulin resistance or type 2 diabetes long term?

To date, there is limited strong evidence to support the idea that replacing white sugar with natural sugars significantly reduces long-term risk of insulin resistance or type 2 diabetes. Most natural sugars still rapidly elevate blood glucose and insulin levels, particularly when consumed in liquid form or without fibre. What is supported by evidence is that reducing total added sugar intake, regardless of source, is protective against metabolic disease; as well as focusing on whole foods rich in fibre, healthy fats and protein. Diets high in refined carbohydrates and added sugars, especially sugary beverages, are strongly associated with increased risk of type 2 diabetes, Non-alcoholic fatty liver disease (NAFLD) and cardiovascular disease.

Should we replace refined sugar with natural sweeteners?

Natural sweeteners avoid some of the chemical processing involved in making white sugar and may retain trace bioactive compounds. They may also cause a slightly slower rise in blood glucose levels due to their lower glycemic index. However, Taha states that most natural sweeteners remain high in calories and simple carbohydrates, potentially contributing to weight gain, glycemic overload, and metabolic issues if overused. Furthermore, the term "natural" is unregulated and can be misleadingly marketed, creating a health halo effect that can lead to overconsumption. "Additionally, some contain high fructose levels (~85-90%) that may impair lipid metabolism and worsen metabolic dysfunction in at-risk individuals. Ultimately, the emphasis should shift from which sugar is used to how much is consumed and what context it's consumed in. Make sure to pay attention to labels, portions, and how sugars fit into your overall eating habits," says Taha.

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THE BEAM
BY NICK ALVIS

health benefits

Beat the bloat with berries

Discover how these seasonal fruits can support your digestive health and do your heart good, too

They may be small but they are certainly mighty when it comes to supporting health. Just one handful of strawberries, blueberries or raspberries contributes essential disease-fighting nutrients, as well as important vitamins and minerals. They also help to curb sweet cravings and boost your daily plant foods.

5 REASONS TO EAT BERRIES

May help manage blood sugar levels

Blueberries and raspberries are high in fibre and have a low glycaemic index (GI). This means they won't cause blood sugar levels to spike. They also contain natural compounds, called flavonoids, that may help improve sensitivity to insulin.

May support a healthy heart

Strawberries and blueberries are rich in colourful anthocyanidins pigments, which have protective antioxidant properties. These may help to prevent inflammatory conditions, such as heart disease.

May contribute to good digestion

Berries are a potent source of polyphenols and contain a good amount of fibre, both serving as fuel for the the beneficial bacteria that live in your gut. And a happy gut means fewer digestive issues, such as indigestion and bloating.

A healthy alternative to sugar

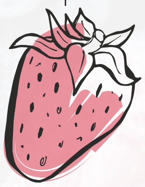
Berries are low in calories but deliciously sweet when ripe. If you're trying to cut back on sugary treats, try a handful of berries instead, or add them to oats or yogurt for a nourishing breakfast.

Supports healthy skin

Vitamin C is not stored by the body so we must eat enough each day – it contributes to healthy skin, as well as joints and bones. One serving of strawberries provides all your daily vitamin C needs, while raspberries and blueberries are rich sources, too.

SO, ARE BERRIES GOOD FOR YOU?

Berries are sweet yet low in calories, rich in protective antioxidants, high in fibre and vital vitamins, all of which give your health a boost.



Words by registered nutritionists JO WILLIAMS & NICOLA SHUBROOK. Photogrpahs JOHNER IMAGES/GETTY

Healthy ways with berries

Vegan strawberry pancakes

Mix **115g wholemeal spelt flour** with **1 tsp baking powder** and **1 tsp cinnamon** in a bowl using a balloon whisk. In a jug, whisk together **150ml soya milk, 2 tbsp soya yogurt** and **1 tsp vanilla extract**, then whisk this into the dry ingredients to make a thick batter. Rub a drop of **rapeseed oil** around the pan using kitchen paper, then set over a medium heat. Spoon in 1½ tbsp batter in three or four places to make small pancakes. Cook over a low heat for 1-2 mins until set, and bubbles appear on the surface, then turn the pancakes using a palette knife. Cook for another 1-2 mins until golden and cooked through. Repeat with the remaining batter to make six pancakes in total. Serve three pancakes per person topped with **230g soya yogurt, 200g halved strawberries** and **2 tbsp chopped pecans**. *Serves 2.*

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • 1 of 5-a-day

PER SERVING 430 kcals • fat 17g • saturates 2g • carbs 45g • sugars 11g • fibre 13g • protein 16g • salt 0.9g

Chia & oat breakfast bowls

Tip **50g raspberries** and the **juice of ½ orange** into a pan. Simmer until the raspberries soften, about 5 mins.

Meanwhile, stir **150g porridge oats, 100ml milk** and 450ml water together in a pan over a low heat until creamy. Serve topped with the raspberry-orange compote, **2 tbsp smooth almond butter**, **50g raspberries**, **½ sliced orange, ½ sliced banana, 1 tbsp goji berries** and **1 tbsp chia seeds**. *Serves 2.*

GOOD TO KNOW vegetarian • healthy • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 533 kcals • fat 19g • saturates 3g • carbs 66g • sugars 14g • fibre 13g • protein 17g • salt 0.1g

Blueberry baked oats

Heat the oven to 200C/180C fan/gas 6. Mix **500ml almond milk**, **200g jumbo porridge oats**, **2 tbsp almond butter**, **1 tsp baking powder** and **1 egg** together with **1 mashed banana**, **1 tsp vanilla extract**, **450g blueberries** and **30g roughly chopped almonds** in a large bowl. Tip the mixture into a 2-litre ovenproof dish, then bake for 30-35 mins until piping hot in the middle. Serve warm with a little more milk or **yogurt**, **honey** and extra blueberries, if you like. *Serves 6.*

GOOD TO KNOW vegetarian • healthy • fibre • 1 of 5-a-day
PER SERVING 271 kcals • fat 11g • saturates 1g • carbs 34g • sugars 10g • fibre 56g • protein 10g • salt 0.4g

self-care

How to get rid of belly fat

It isn't just a weight-loss issue – read on to find out how to avoid health implications and make positive changes

What is belly fat?

Belly fat comes in two forms: subcutaneous fat that you can pinch just under the skin, and the more concerning visceral fat that lies deep inside the abdomen and can wrap itself around vital organs.

While subcutaneous fat plays a role in cushioning and insulating your body, visceral fat is metabolically active, meaning it releases hormones and inflammatory substances that can harm your health. You can't always see it, and even slim people can have it.

Waist measurements are commonly used to estimate visceral fat, with over 88cm for women and 102cm for men being concerning. Some also suggest that "apple-shaped" bodies (a wider waistline) tend to have more visceral fat, while "pear-shaped" bodies (bigger hips and thighs) tend to carry more subcutaneous fat. But, like everything, this isn't always true and varies from person to person.

What causes belly fat?

Visceral fat can accumulate without you realising. While genetics play a small role, it's mostly driven by lifestyle, diet, stress and hormones. A diet high in ultra-processed or high-sugar foods can spike insulin levels, encouraging fat to store deep in the abdomen.

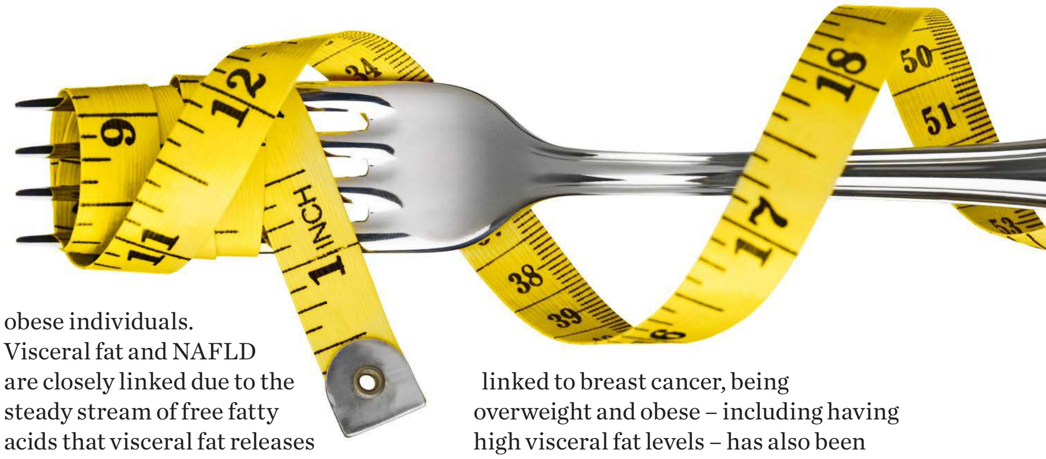
Having less muscle can also lower resting metabolism, which means your body burns fewer calories at rest. Over time, this can make it easier to store excess fat, including visceral fat around the organs. This is why strength training is so important as you age, it helps preserve and build muscle, keeping metabolism higher and preventing fat from accumulating around the organs.

Other things can be responsible, too, like chronic stress. "While we all experience stress occasionally, chronic stress can lead to sustained high levels of cortisol," explains registered nutritionist Alice Haley.

While chronically high cortisol levels are rare, studies have found that it may affect fat distribution in the body, causing fat to be stored centrally around the organs. Poor sleep that messes with hunger and stress hormones and hormonal imbalances may also impact fat storage, shifting it instead towards the midsection.

Photographs ISTOCK/GETTY IMAGES PLUS, PGIAN/E+/GETTY

How can belly fat harm your health?



1 Increased risk of heart disease

Visceral fat doesn't just hang out quietly – it secretes chemicals that can cause inflammation and damage blood vessels, increasing the risk of cardiovascular disease like heart attacks and strokes.

It can also affect metabolic health, leading to insulin resistance and higher levels of "bad" LDL cholesterol, setting the stage for potential type-2 diabetes, a major risk of heart disease.

2 Hormone disruption

Belly fat, especially after menopause, can produce oestrogen-like hormones. This hormone can make cells in the breasts and womb divide more often, increasing the risk of cancer developing.

3 Worsening sleep apnoea

Studies have found a strong link between excess belly fat and obstructive sleep apnoea (OSA), a condition that causes breathing to repeatedly stop and start during the night. Visceral fat can build up around the lungs and diaphragm, compressing airways and making it harder to breathe, particularly during sleep.

4 Fatty liver disease

Non-alcoholic fatty liver disease (NAFLD) is the term for a range of conditions caused by a build-up of fat in the liver, often seen in obese individuals.

Visceral fat and NAFLD are closely linked due to the steady stream of free fatty acids that visceral fat releases into the bloodstream.

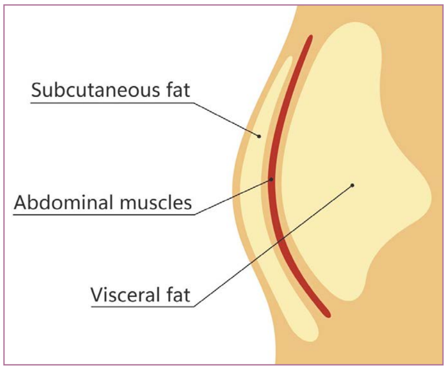
5 Worsening mood & mental health

We've already mentioned the link between elevated cortisol levels, insulin resistance and visceral fat, and these hormone disruptions are also linked to feelings of anxiety and fatigue.

Plus, the pro-inflammatory chemicals (cytokines) that visceral fat releases can travel through the bloodstream and across to your brain. Chronic, low-grade inflammation has been linked to depression, anxiety and even brain fog.

6 Increased cancer risk

As well as the oestrogen connection linked to breast cancer, being overweight and obese – including having high visceral fat levels – has also been linked to 13 different types of cancer, including bowel, pancreatic and ovarian.



7 Weakened immune system

Your immune system is affected by obesity, Haley tells us, and this is down to the excess inflammation in your body. "Chronic inflammation may make the immune system less effective, leaving the body more vulnerable to infections. Conditions such as obesity, along with other chronic diseases and an unhealthy lifestyle, may impact immune function," she explains.

8 Increased risk of diabetes

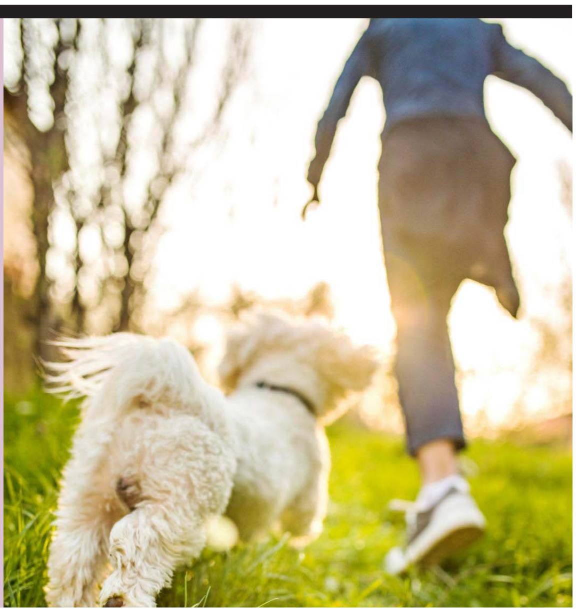
Visceral fat is a major driver of type-2 diabetes. The fatty acids and chemicals it releases makes it harder for cells to respond to insulin, which helps move glucose out of the blood and into cells for energy. When insulin doesn't work properly, your body needs more of it to manage your blood sugar levels. Over time, this can wear out the pancreas and lead to chronically high blood sugar levels, which is how type-2 diabetes develops.

How you can get rid of visceral fat

The good news? Belly fat is one of the most responsive types of fat to healthy changes. Strength training, more protein, better sleep and less stress can all help shift visceral fat, with no need for endless cardio and crash diets. Consult your GP before making major changes to your diet or exercise routine, especially if you have existing health conditions.

Prioritising whole foods

- Cut back on ultra-processed foods and prioritise a balanced diet with protein, fibre and healthy fats to regulate blood sugar and hunger hormones.
- Exercise regularly: Aim for at least 150 minutes of moderate activity per week, like cardio, strength training or brisk walking.
- Limit alcohol: Cut back on alcohol, especially sugary or high-alcohol drinks, which can contribute to visceral fat gain.
- Managing stress: Avoid cortisol spikes by practising stress management techniques like yoga, meditation or deep breathing.



Eat to burn fat

Low-fat, high-protein dishes with plenty of soluble fibre, calcium and vitamin D can help you meet this goal

Lentil salad with tahini dressing

Ginger and lemon zest add some zing to this dish. Ginger helps relieve swelling and joint pain, while pumpkin seeds add crunch and provide zinc for healthy skin.

SERVES 4 **PREP** 15 mins
COOK 20 mins **EASY** **V**

- 2 tbsp cold-pressed rapeseed oil
- 320g sweet potatoes, cut into small dice
- 2 large carrots (around 320g), cut into matchsticks
- 2 large courgettes (around 375g), cut into chunks
- 2 medium red onions, halved and sliced
- 1 tsp cumin seeds
- 2 tbsp finely chopped ginger
- 2 tbsp pumpkin seeds
- 2 x 390g cans green lentils, drained
- 2 tsp vegetable bouillon powder
- 1 lemon, zested
- handful of mint and parsley, roughly chopped
- 2½-3 tbsp tahini
- 1 garlic clove, finely grated
- 240g bio yogurt
- pinch of smoked paprika (optional)

1 Heat the oil in a large non-stick wok or frying pan. Tip in the sweet potatoes and fry for 5 mins, stirring, until starting to soften. (If browning too quickly, cover with a lid.) Add the carrots, courgettes, onions, cumin and ginger. Cook over a high heat, stirring frequently, until the veg is tender but retains some bite. Stir in the pumpkin seeds towards the end to cook for a couple of minutes. Remove from the heat, then stir in the lentils, bouillon powder, lemon zest, chopped mint and parsley.

2 Mix the tahini, garlic, yogurt and 1 tbsp water together to make a dressing. Spoon the lentil salad into bowls or containers and top with the dressing and paprika, if using. *Will keep in the fridge for up to two days.*

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 460 kcals • fat 21g • saturates 4g • carbs 42g • sugars 23g • fibre 12g • protein 18g • salt 0.4g

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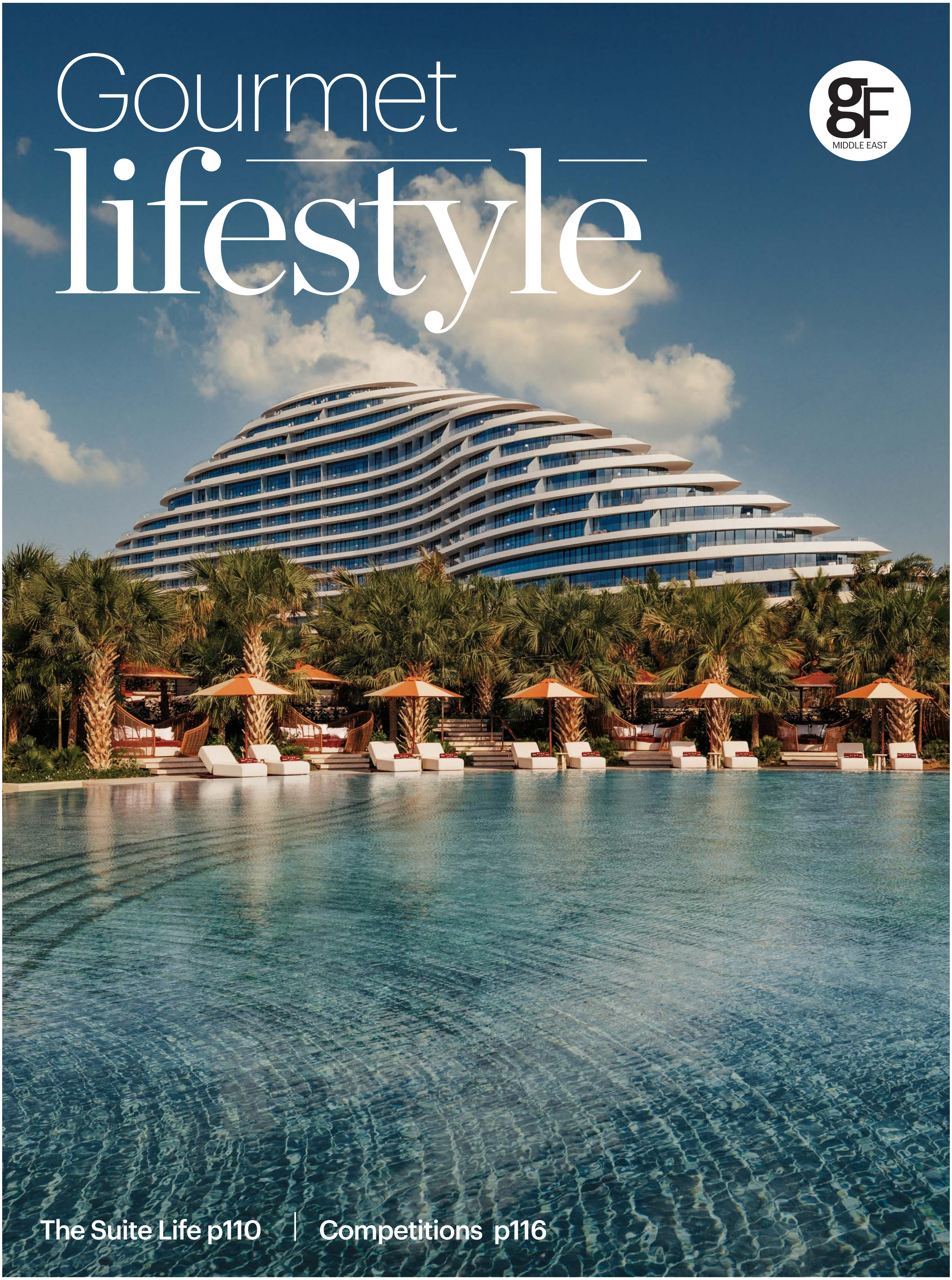

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The Suite Life

Like a superyacht cutting through calm seas, Dubai's most talked-about new hotel glides with quiet power and offers personalised experiences

There are hotel openings, and then there are arrivals that feel almost cinematic in how quietly and confidently they take over the landscape. Jumeirah Marsa Al Arab falls into the latter category. Set along the beachfront with uninterrupted views of the Burj Al Arab, the luxury property doesn't try to compete with its famous neighbour but instead draws the eye with fluid, yacht-inspired curves. The architecture uses advanced software to create double-curved forms that mirror the motion of water, while the interiors carry that narrative through tactile details like 3D-printed ceramic walls and mashrabiya-framed spaces.

Designed by Shaun Killa, the architect behind the Museum of the Future and Dubai Opera, the hotel takes its shape from the sleek design of a superyacht, with flowing curves that appear to glide across the coastline. From the entrance archway that perfectly frames the Burj Al Arab to the 3,000-tonne sculptural canopy, the experience is immersive rather than overwhelming, with the building revealing itself at every step.

Accomodation

Though the property spans over 300 rooms, 86 suites and 82 residences, it's designed to feel intimate, with layered scents, quiet lobby corners and thoughtful landscaping. We checked into the Ocean Deluxe Suite and were met with one of the best views in the city: the Burj Al Arab sitting just off centre, framed by the terrace and a wide stretch of sea. The terrace is large enough to actually use. We spent the morning there with coffee, watching the light shift over the water, and evenings letting the breeze roll in off the Gulf.

Inside, the suite is all soft edges and clean lines with a calming palette of cream, sand, and pale stone, broken up by dark wood, bronze details, and the occasional splash of ocean blue. The layout flows naturally, beginning with a spacious living area featuring a deep, cushioned sofa, dining table, and a minibar thoughtfully stocked with local treats. There's also 24/7 butler assistance available, adding to the overall comfort. The separate bedroom does not feel boxed in and includes a spacious walk-in wardrobe perfect for unpacking and organising, a Dyson hairdryer, and a well-appointed work desk. Unlike typical accommodation,

the suite features two bathrooms. One is a full marble bathroom with a rain shower, soaking tub, and double vanity, and the other is a guest bathroom for added convenience. The technology throughout is smart but subtle, with lights and curtains that are touch-controlled and Bang & Olufsen speakers for those looking to tune into their very own playlist.

Culinary highlights

Marsa Al Arab Marina and the hotel offer a diverse range of waterfront and standalone restaurants featuring cuisines from contemporary Japanese and Emirati to Grecian, Venetian, Mediterranean, pan-Asian, steakhouse, and Indian fine dining.

We visited the Commodore Club at The Residence for lunch ahead of check-in. The space is calm with curved booths and soft lighting. Cream tones and gold accents are balanced by natural light from the large windows, and the overall feel is laid-back. The menu focuses on simple, comfort dishes. The Prawns piri piri are served in a spiced tomato sauce with crisp garlic and toasted bread, bold in flavour without being too heavy. The Chicken corn salad is light and balanced, with creamy avocado, sweet corn, pickled onion and a sharp white balsamic dressing. The Goat cheese salad is richer, with caramelised walnuts and warm toast topped with tangy cheese. For mains, the Octopus and calamari paella arrives with saffron rice, coriander and a spoonful of aioli that adds just enough sharpness. The Parmigiana is layered with soft slices of eggplant, baked with tomato and cheese until the edges start to brown. We ended with a Tiramisu latte served alongside ladyfingers, plus a Matcha version that was not too sweet and provided a clean finish to the meal.

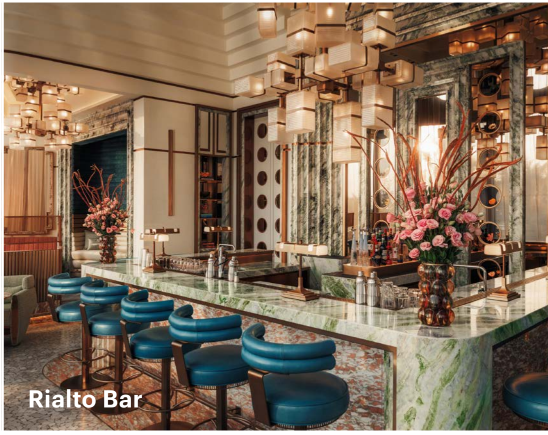
After a swim at the Illiana Pool Club, we headed off to dinner at Illiana, where the space follows a soft palette with light woods, woven chairs and neutral tones that create a calm setting. The open kitchen adds quiet energy, with chefs moving steadily in the background. We began with the Spinach pie salad, a mix of crisp phyllo, feta, lemon and herbs. The textures were sharp and fresh, and the saltiness of the cheese balanced the brightness of the dressing. The Grilled octopus was tender and plated with smooth fava cream and a sweet onion chutney. The Moussaka came hot, with layers of aubergine, minced meat and potato that was a rich but satisfying end to our starters.

The main was the Beef gyros, carved tableside and served with soft pita, tomato, onion and a thick, chilled tzatziki. For dessert, we shared the Bougatsa, a warm semolina custard wrapped in crisp phyllo and dusted with cinnamon. Just the right amount of sweetness to close the evening.

Before calling it a night, we stopped in at Rialto Bar, a space that feels tucked away but worth seeking out. With soft lighting, vintage-inspired finishes and a low soundtrack in the background, the setting is intimate without feeling too formal. There's a nod to 1950s Italy in the details, from the glassware to the colour palette, making it a fitting spot for a pre-dinner drink or a late-night pause. We ordered the Balanzone, a bright, fizzy mix of Lyre's Italian Spritz, peach tea and balsamic that had a sharp but refreshing finish. The Jardinara leaned more citrusy, with lemon, kumquat and a hint of toasted almond from the orzata. Both were served cold and carefully prepared. On the side, we shared a small plate of Pecorino al tartufo, Salame milano and green olives, which paired well with the drinks without overshadowing them.

Breakfast at The Fore is, quite simply, one for the books. However you like your mornings - whether light, indulgent or somewhere in between - this is a place that does it all without slipping into the usual all-day dining routine. Instead, The Fore brings together four distinct restaurants on the property and turns them into a single, cohesive breakfast experience. Each morning, Umi Kei, Madame Li, Mirabelle and The Bombay Club come together through hidden panels and clever design to form an integrated venue that still retains touches of each restaurant's identity. The à la carte menu offers a mix of classics and signatures including Royal Benedict, Eggs Florentine, Scrambled eggs with black truffle and Lobster Benedict. The Umi Kei station was a favourite, with Dashimaki egg roll, Tatsuta chicken and other traditional Japanese breakfast plates. At The Bombay Club, the Dal kachori was crisp and spiced just right, paired with a mint chutney, while fresh South Indian staples including soft idiyappam and a spiced chicken stew. We also shared a platter of croissants and pain suisse, both baked fresh and served warm.

The Fore Bar



Rialto Bar

There's also a space dedicated to lighter options, with fresh fruit, granola and six types of iced tea.

Thanks to a late check-out, we made one last stop at Rialto. We started with the Fiori di zucchina farciti showcasing crisp zucchini flowers filled with ricotta and smoked scamorza, followed by the Carpaccio al pomodoro e burrata fritta, where soft burrata was beautifully escased in a peeled tomato that broke open to a creamy centre. For mains, we shared the Risotto all'ossobuco e zafferano, rich with saffron and bone marrow, cooked to a silky finish. We ended with a classic Tiramisu, served tableside from a wide bowl and scooped generously onto the plate.

Facilities

Jumeirah Marsa Al Arab presents an array of wellness and leisure experiences set amid verdant palm trees and tranquil water vistas. The resort features five stunning pools, including expansive outdoor pools surrounded by greenery and an exclusive suite pool, offering guests a variety of settings to relax and unwind.

Central to the wellness offering is the Talise Spa. During my visit, I tried the 90-minute Grounding Ritual, which began with picking a crystal and an affirmation card. This continued with a full-body massage then moved into a calming facial massage. Little touches like mini succulent bowls under the bed and a rose quartz eye mask made it feel especially soothing from start to finish.

Plus, the views of the Burj Al Arab and the Arabian Gulf are the perfect backdrop to sip on tea and soak it all in after a massage.

Talise Fitness rounds out the spa experience with 24/7 access to personalised training sessions, a variety of fitness classes, and top-of-the-line Technogym equipment. Whether you're into Pilates, kickboxing, or just want to swim laps in the 22-metre pool, there's something to support your health and recovery.

For families, the dedicated Family Club welcomes kids aged three to ten with a fun experience. Located near the resort pool, it offers activities to spark creativity and encourage quality family time.

Book now

AED3,820 per night for the Ocean Deluxe Suite. Visit jumeirah.com/en/stay/dubai/jumeirah-marsa-al-arab.

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